

R G

121

H 62







Sept 20

1871.

J. L. Bell

Clerk

17. 11. 1872

1872

1872

HINTS TO A LADY.



✓

H I N T S

TO A

FASHIONABLE LADY.

BY A PHYSICIAN.

220



NEW YORK:

CHARLES S. FRANCIS—252 BROADWAY.

MUNROE & FRANCIS, BOSTON.

.....

1831.

R G 191
H 62

Entered, according to Act of Congress, in 1831,
BY CHARLES S. FRANCIS,
in the Clerks Office of the Southern District of New York.

926

Day & Evans, Printers, Chatham square, corner of Mott street.

PREFACE.

FEW individuals have so good an opportunity of observing the diversified shades of human character, and the moral and physical effects of education and early habits, as the physician. It is one of the great studies of his profession, to trace the connexion between cause and effect—in detecting the often obscure origin of human maladies, and to mark the influence of the mind upon the body, and the body upon the mind. Of course, he necessarily becomes a close observer of every thing that relates to man. The influences of climate, diet, and habits of life, are not all that engage his attention. The wide field of Nature, as well inanimate as animate, demands his notice ; and even the

mysterious connexion between spirit and matter, escapes not his scrutiny. Every patient who consults him, requires the most careful investigation ; and the inducements to faithfulness in discharging this duty, are of the highest order—the life of a fellow-creature, and his own responsibility. In one instance, he sees a healthy frame gradually wasted, and worn out by the secret workings of an ambitious mind. In another, disease of some important organ prostrating the most powerful intellect. In another, happiness annihilated, and the vital current dried up by some withering calamity ; and in another, the thoughtlessness of a single moment, blasting all the blooming prospects of life, and consigning the wretched being to unceasing sufferings. The whole history of man, from the cradle to the grave, is constantly passing before him, and he becomes intimately acquainted with all the machinery that is employed behind the scenes in the great drama of human existence. From his efforts to check the progress of disease, and alleviate corporeal suffering, he is naturally

looked upon by his patients as a guardian and friend—he is admitted into the sanctity of domestic privacy—becomes the confidential repository of feelings and events which are carefully concealed from the world at large, and sometimes from the nearest relations; and from seeing those who employ him at all times, and under every variety of circumstances, in sickness and in health—in prosperity and adversity—in the moments of gay festivity, as well as those of silent melancholy—in the studied exterior of fashionable life, and in the unguardedness of retirement, he is enabled to mark the workings of the passions, and the hidden movements of the heart; and is undoubtedly better acquainted than other men with the actual sum of human happiness and misery. I would not intimate that all who are called physicians, do in fact peruse the book of Nature which is thus spread open before them, or profit from their opportunities as they might. Far from it. Comparatively but few possess those amiable virtues, combined with sufficient abilities, and are so faithful in the discharge

of their duties as to acquire the entire confidence of a considerable circle ; and very many who are in full practice, and stand high in the estimation of their employers, have their eyes so intently fixed upon the golden prospect of gain, that they are blind to every thing else. Such men are seldom zealous cultivators of the profession ; for sordid avarice is as incompatible with an ardent love of the sciences, as it is with the finest and noblest emotions of the soul. A man indeed may be conciliating in his manners, and indefatigable in his attendance on the sick, because it is his interest to be so ; but he must be actuated by more generous principles, to be in fact the good physician. It is humanity that prompts him to sacrifice at all times his own ease for that of his patient, and to be ever ready to afford the resources of his art ; or when his efforts are all in vain, to linger around the couch of his expiring charge, and with soothing language, and kind offices, assuage the agonies of dissolving Nature, and smooth the rugged avenues to the grave. Nor do these services

pass unrewarded. He receives a larger share of unaffected gratitude than falls to the lot of other men; but above all, he has the delightful consciousness of doing his duty—a compensation not to be estimated by the paltry currencies of this world.

I have said that few individuals have so good an opportunity of observing the diversified shades of human character, and the moral and physical effects of education and early habits, as the physician. Of course, few can be as competent to give instruction on a great variety of subjects, which affect the lives and happiness of their fellow men, or have it in their power to enforce their instructions with such a vast variety of examples, drawn from daily observation, and scenes with which no one else can be as conversant.

The importance of the subjects briefly noticed in this little work has been strangely impressed upon the author in the course of his professional labors by a great variety of occurrences, many of which were of the most painful nature; and he is confident that

much good may be done by presenting them to the female part of the community in their true light. That the conduct of *many* will be essentially influenced by a perusal of these pages, the author can hardly expect ; but if they produce the effect intended in a single instance, they will not have been written in vain.

CONTENTS.

CHAPTER I.

IMPORTANCE OF FEMALE HEALTH.

Advantage of being born of healthy parents—Hereditary diseases—Sphere which Females are destined to fill in society, and their influence—A Mother's duty to her daughters—Early decay. - - - - - Page 14.

CHAPTER II.

RULES FOR INVIGORATING THE CONSTITUTION.

Exercise—Diet—Dress—Hours of Study—Spartan Health—Dancing—Definite Rules—Early Rising—Female Schools—Pushing Genius—Miss ——— A Nervous Lady. - - 26.

CHAPTER III.

MEANS OF PRESERVING HEALTH.

Beauty Desirable—Its Influence—Its Preservation—Personal Cleanliness—Simplicity of Diet—Fresh Air. - - - 53.

CHAPTER IV.

DANGERS OF TOO EARLY INTRODUCTION TO SOCIETY.

Girls admitted into Society at an early period in America—State of their System, and Effects of immoderate mental Excitement—Sketch of Early Life—Cruelty of abridging its Pleasures—Winter Amusements—Their Effects—Case of Miss K——. - - - - - 76.

CHAPTER V.

DRESS.

Importance of the Subject—Female Form and Fashionable Figures—Phenomena of Respiration—Effects of Tight Clothes—Diagrams of the Chest, and Explanation of the Process of Breathing—Narrowing of the Chest—Quotation from Dr. Godman—Effects of Pressure upon the Muscles of the Back—Opinions of Messrs. Shaw and Bampffield—Common Excuse for wearing Stays—Singular Case at the Hotel Dieu—The Fashionable Waist—Exposure of the Neck and upper part of the Chest—Covering for the Feet—The Damp Stockings—La Petite Parisienne. - - - - - 93.

CHAPTER VI.

EFFECTS OF EDUCATION AND EXAMPLE.

Influence of Education upon the Conduct—Danger of Extremes of Restraint and Indulgence—The Clergyman's Son—The Profligate—The Reformation—The Draught of Laudanum—The Fatal Rencontre. - - - - - 149.

CHAPTER VII.

DEPRESSING PASSIONS.

Their Effects, and the necessity of Mental Discipline—Opinions of Laennec—Bursting of a Bloodvessel. - - - 181.

CHAPTER VIII.

IMPRUDENT MARRIAGES.

Readiness with which Parents bestow their Daughters upon Thoughtless Young Men—The Young Englishman—The Gamester. - - - - - 201.

H I N T S
TO A
F A S H I O N A B L E L A D Y.

CHAPTER I.

IMPORTANCE OF FEMALE HEALTH.

ADVANTAGES OF BEING BORN OF HEALTHY PARENTS
—HEREDITARY DISEASES—SPHERE WHICH FE-
MALES ARE DESTINED TO FILL IN SOCIETY, AND
THEIR INFLUENCE—A MOTHER'S DUTY TO HER
DAUGHTERS—EARLY DECAY.

IT is undoubtedly one of the greatest blessings to be born of healthy parents ; inasmuch as the natural constitution of the child depends in a great measure upon the constitution of those who gave it being. We often hear of hereditary diseases, as consumption, gout and madness ; and it is a vulgar notion that these commonly depend upon some peculiar taint in the system. This, however, when applied to the great mass of persons, is unquestionably a mistaken idea. The strong predisposition to many diseases, which we often observe in

families, appears to depend upon the peculiar constitution, or conformation of the children, which commonly as strongly resembles that of the parents, as do their stature, features and complexion. Thus the child of tall, dark complexioned, robust parents, naturally resembles them in these respects; while the child of small, fair complexioned, feeble parents, as naturally resembles them. The one, perhaps, may be fitted to withstand the ordinary causes of disease and death, till the age of three score and ten; the other may scarcely have vital force enough to last out half that period. The one shall be exposed to all the vicissitudes of the seasons, and the influence of a noxious climate, with impunity; the other shall fall a victim to a trifling change of temperature, or to a current of cold damp air.

The inattentive observer would not notice the striking resemblance between the constitutions of the child and parents before puberty, because most of the diseases of infancy are different from those of riper years: but after maturity, it is easily discovered. There is scarcely a complaint, excepting febrile diseases, that is not frequently found to afflict the different generations of the same family in a remarkable degree. How

often are we told by the mother of a young man or young woman, suffering from periodical headaches, fainting fits, palpitation of the heart, weak eyes, weak stomach, and a vast variety of other maladies, that either she or her husband have been afflicted in the same way.

But the evil does not stop here. The predisposition to disease in the children of unhealthy parents, brought up under similar circumstances, is materially increased. I have known five out of six children, who were apparently healthy till after maturity, to die before thirty-five, of a disease to which one of the parents has showed a marked predisposition, though they are both still alive. This is but a solitary instance. How often is the father seen bending with the weight of years over the graves of a numerous offspring, all deposited in the silent mansion before him? How often does the mother, whose early life has been spent in rearing her prattling charge, descend in her old age childless and sorrowing to the tomb? I have often contemplated, with feelings of the most melancholy kind, these aged persons, once happy in the society of a respectable family, standing desolate and alone in this pitiless world, like the oak of

the forest, stript of its lofty branches, and seared by the lightning's stroke.

It is not my object to enter into a long discussion on this subject, but to draw your attention to that part of it which may be practically useful to you. I refer to the evident dependence of the constitution of the child upon the health of the mother. That the children of a feeble mother are very apt to be delicate, cannot admit of a doubt. It is confirmed by the observation of all ages and of every country. It is not asserted that a feeble woman may never be the mother of a robust child; but that by far the largest proportion of persons, born of feeble mothers, are more or less in constitution like them. This, however, is not all: we have good reason to believe, that the children of a naturally healthy mother, born after she has become a decided invalid, are less likely to be robust, than those born before her loss of health. It is the opinion of several distinguished English physicians, that persons who have broken good constitutions by residing in the East Indies, are likely to entail diseases on their children born after their return. The importance then of female health, is far from being confined to the individual: it extends

to her children, and to the community at large.

The Spartans were so sensible of this fact, that the education of their females, (which was under the control of the government,) was in every respect calculated to give them the firmest constitutions. But among us, how entirely is the subject neglected. Yet, can any thing be more plain, if the health of children depends in a great measure upon that of the mother, (and no one, I believe, will attempt to disprove this statement,) that it is a subject of immense importance, and the first duty of the mother, to do every thing in her power to invigorate her own system. If she would see her offspring robust, she must be healthy herself. But how severe must be the retribution to her, who wantonly wastes her strength in immoderate gait, or thoughtless dissipation. She may indeed be surrounded by a numerous family, and they may escape the dangers of infancy and childhood; and after they have become her companions, and the promised solace of her declining years, she may see them one by one snatched from her, by the operation of unavoidable causes upon their feeble frames; and at last, descend herself to the grave, without a filial hand to soothe her

expiring agonies, or the tears of one who could call her mother, to bedew her lifeless corse.

I have intimated that too little attention is paid to the physical education of our females; and the important sphere which they are destined to fill in society, seems in early life to be forgotten. And what are the duties which devolve upon them? Are they beings merely subservient to the pleasures of the other sex? Have they no part of their own to perform in the great drama of human existence? If so, the Turks are the only people who duly estimate their value, and the sooner we adopt Turkish customs, and make them the indolent inmates of a harem, the better. But to whom is man principally indebted for his own physical character? Unquestionably to his mother. 1st. Because his constitution strongly partakes of hers. 2d. Because from her he derives the nutriment of his infancy. 3d. Because his corporeal vigor materially depends upon her management of his early years. But to whom is man principally indebted for his moral character? Unquestionably to his mother.—She it is who must watch the first dawns of intellect—instil into his mind the first principles of honor, morality and virtue.

She it is who must check the first buddings of vice, and guide him through the fickleness and waywardness of childhood, to the stability and moral rectitude, which should characterize the period of maturity. In her alone are his earliest affections centred. She administers to all his little wants, and soothes every pain, and the fond name of *mother* is the first he learns to lisp, and the last to lose its magic influence over the emotions of his heart. He implicitly follows the path she points out to him: at her bidding, he burns with the patriot's noble flame, and rushes with enthusiastic ardor towards that steep "where fame's proud temple shines afar," or grasps the assassin's knife, and becomes the terror and detestation of his species. At her reproof, he sheds the tear of contrition for his faults, and opens his bosom to the holy influence of religion.

In society, the influence of a sensible, well informed, virtuous woman is really incalculable; and where is the man who is wholly insensible of it, or can approach her without rendering her that homage which in all civilized countries she claims? She throws a magic circle around her, and renders all who enter it the subjects of her spell, and man, with all his pride of heart, and

with all his boasted philosophy, yields to her attractions as the needle turns obedient to the poles. Is this the effect of weakness? He proudly spurns the thought. Is it the impulse of a law of nature which he finds irresistible? The conduct of the savage does not prove this. Is it not rather the effect of the earliest impressions of his infancy, cultivated and matured by the moral influence of civilization and refinement? To whom did he first learn obedience, but to that being who hung over his cradle in his first conscious moments in all the fondness and tenderness of maternal love, and whose outline is indelibly imprinted upon the tablet of his heart? Who gave that inclination and tone to his character which distinguishes him through life? In a word, who taught him to be a man? A *woman*. In seeking then her society, and acknowledging her powers, he shows himself not unmindful of the debt he owes her; while in striving to render himself worthy of her esteem, the asperities of his own character are rubbed off, and he becomes more estimable in the eyes of his fellow men. "Nothing," says Rousseau, who notwithstanding his faults, was one of the most elegant French writers, and whose opinions, in matters like this, must be considered as high authority, "Nothing serves so much to

cultivate and improve the mind of man, and give it that tone and impulse which it requires, as the society of well informed, intelligent women."

Upon the wife, materially depend the conduct, happiness, and prosperity of her husband; and upon the mother, depend the moral and physical character, and consequently the life, health, and respectability in this world, and may I not add the condition in the next, of all the beings committed to her charge?

Here then is a hasty sketch of the important part you are destined to perform. Need I add how indispensibly necessary is mental vigor to its accomplishment, or how much that vigor must depend upon the health of the body? Do not the minds of the sickly become wavering, irresolute, and often imbecile? Or do those who are invalids from their infancy ever exhibit any thing like energy of character? Some one talent, I acknowledge, may now and then be fully developed, but the mind, considered as a whole, seldom attains to the standard of perfection. The ordinary saying, "a weak minded, sickly creature," is far from being arbitrary, but founded, like many others, on common observation. But if mental vigor could be possessed without health, is not a good con-

stitution all important to the female, that she may impart it to her offspring, and be capable of performing the arduous task of nurse and governess? If she is sickly, she must be both corporeally and mentally incompetent to discharge her duties with honor and satisfaction, and her children must be in a great measure deprived of the benefits of a mother. Their tenderest moments must be trusted to others, and their early education left in no small degree to chance. Of course she loses the powerful ascendancy which, with health, she might exercise over them, and instead of being the sole idol of their hearts, must be content with an humble place in their affections. She only performs half a mother's office; of course she can expect but half a mother's reward. But this is not all, for want of the care which she might have given them, they may drop one by one into an untimely grave, or what is far worse, she may be doomed to see them grow up, foul excrescences upon the face of society, at last, perhaps, to be extirpated by the hand of public justice.

One would think the foregoing considerations sufficient to induce every mother to use all possible means of invigorating her own system, both on account of the health of her children, and that she may be perfectly com-

petent to discharge her duties to them. But where is the mother, even though she may be careless of her own health, so unmindful of the happiness of her offspring, so lost to all the best feelings of her nature, as to allow her daughters to grow up feeble and sickly, for want of proper attention on her part to their dress, food, habits of exercise, and every thing else within her control which can influence them.

We daily see the melancholy effects of carelessness in these matters. Often, doubtless, it has arisen from ignorance, or mistaken notions of the animal machine, and the operation of various causes upon it. And is not this ignorance culpable, when every female has it in her power to become enlightened on this subject? But are there not many mothers who indulge their daughters in habits which they know to be hurtful to them, from a fondness of seeing them enjoy the moment, without any regard to consequences? Does not every physician declare dissipation and bad hours to be pernicious in the highest degree to young persons? And does not every woman, who has attained to the age of five-and-twenty, know the same from her own observation? And yet how constantly are young girls, ere their constitutions are fully formed, permitted to waste their strength in

midnight gaities, till the rose has given place to the lily, and their thin, enervated forms show the ruinous effects of amusements, which even the most robust cannot long pursue with impunity? How is it possible that a mother can reconcile such gross inconsistencies to her conscience? You will tell me, I suppose, that it is all from thoughtlessness. And will this plea ease her bursting heart, when she sees the image of herself already arrived at the age of maturity, and become her companion, breathing her last—immolated at the shrine of that fell destroyer of female loveliness—consumption? As well might the plea of thoughtlessness soothe her anguish, had she put into the hands of her infant a pistol, with which it had blown out its own brains.

All our travellers agree, that the females of our large towns appear much less healthy, and lose their beauty earlier, than those of many other countries. Unrivalled at the age of eighteen in delicacy of form, and in the blooming loveliness of womanhood, they are scarcely mothers, when the color leaves their cheeks; and old age shows its unwelcome tokens ere they have arrived at forty.

It may reasonably be asked, what occasions this premature decay? Is it climate,

or diet, or any peculiarity in our mode of living? I have no hesitation in answering: it is a combination of causes which cannot be explained in a single word, but of which I shall endeavor in my subsequent remarks to give you some idea. In the mean time, taking it for granted that you are fully sensible of the vast importance of this subject, I shall proceed to lay down some simple rules for improving female health.

CHAPTER II.

RULES FOR INVIGORATING THE CONSTITUTION.

EXERCISE---DIET---DRESS---HOURS OF STUDY---
SPARTAN HEALTH---DANCING---DEFINITE RULES
---EARLY RISING---FEMALE SCHOOLS---PUSHING
GENIUS---MISS --- ---A NERVOUS LADY.

IN laying down rules for preserving health, and invigorating the system, the physician, in one respect, resembles the religious teacher. I refer to the very small number who will actually profit by his instructions. He may indeed be listened to by many, and the clearness of his reasonings may force from them an acknowledgement of the truth of his doctrines; but few, very few, will adopt them; and he will have the painful reflection, that not only are his efforts lost upon the majority, but that their culpability is increased by their being made acquainted with the correct road, and then refusing to follow it. The sin of ignorance may be winked at; but those who are well informed must be censurable indeed, if they pursue not the right course.

I have already endeavored to point out the immense importance of a high standard of female health; and that very much de-

depends upon the manner in which girls are brought up, I think you must be convinced. The great question now is, what is the best plan to be adopted? This is easily answered. Be guided by the simple dictates of nature, and the experience of ages. Think you the lamb would thrive and grow, if shut up and deprived of the use of its limbs by fetters? Will not the most illiterate shepherd answer you that it would not? Nature requires that it should breathe the fresh air, and nip the green grass while moistened with dew, and that its limbs should be strengthened by motion. Experience also teaches that it must be led away from the noxious damps of marshy grounds, and allowed to gambol among the rocks and precipices of the mountains. But you will ask me, perhaps, what resemblance is there between a brute animal and a human being? I answer, as it respects their bodies, the resemblance is, in many respects, very great. Take, then, an example from our own species: compare the female Indians of our country, who roam through the forests, as free from disease as the wild deer that furnishes their food and clothing, with the daughters of ease and luxury in our cities: or, if you please, compare the rosy-cheeked daughters of our farmers; or even

the accomplished, intellectual Di. Vernons of England, with the delicate, nervous misses of our large towns. What has occasioned the difference? Why, you will unhesitatingly answer, the manner in which they are brought up. And what have they gained by the manner in which they have been brought up? A tolerable knowledge of several of the fine arts, music and dancing, and a sufficiency of general learning, together with refinement of manners, to fit them for intercourse with well educated persons, or to appear in polished society. All this, I admit, is valuable; but what have they lost? That alone which can make the above accomplishments a source of pleasure to themselves and others—perfect health. And cannot this last be preserved at the same time that the mind is cultivated? Unquestionably it can; and it shall be my business to point out to you the means of accomplishing both these objects.

In the first place, females, from their earliest years, should be allowed those sports and amusements in the open air, so necessary to a proper development of their bodies, and which are now confined entirely to boys. Instead of being constrained to walk demurely, with measured steps, like so many matrons, they should be encouraged in

running and romping at suitable times; and that the motions of their limbs may be unconstrained, their dress should be always loose and easy. For instance, until they are fourteen or fifteen years old, they should be allowed to play in the open air at least six hours every day, when the season and weather will permit. They should be allowed to run, leap, throw the ball, or play at battle-door, as they please. All these exercises call the different muscles into action, strengthen the limbs, and impart a healthy tone to the different organs; the blood circulates freely, the nervous system is invigorated, and the redundant fluids are driven off by perspiration. The most suitable dress is unquestionably that which is called Turkish, consisting of trowsers, and a short frock, and the covering for the head should be light and cool: a straw hat answers the purpose very well. They should never be confined to their tasks to exceed six hours a day, and I am confident they will learn more in that time, if properly managed, than they will in twelve, without sufficient exercise. Make it your own case: can you spend even eight hours a day in study, to any profit? I suspect not. The mind becomes weary, and then nothing is retained. How then can you suppose that

the expanding faculties of children, can be constantly exercised for that length of time to advantage? But admit that they can be profitably kept upon the stretch for twelve hours, and that the mental faculties can be fully developed by this means at the age of sixteen, and admit that the faculties can not only be developed, but the mind stored with a vast collection of useful knowledge; what will be the state of the neglected corporeal part, the casket which must contain this polished gem? Why, it will be yet in its infancy, imperfect in its form, and feeble for want of employment: yet more—it will be the seat of disease, and wear the undoubted marks of premature decay. Depend upon it, too much attention is paid to the culture of the minds of children, and too little to that of their bodies. Do not misunderstand me, or suspect me of undervaluing the former, or of overrating the latter. Certainly the first can never make us happy in this world without the second. I mean, simply, that parents are too fond of forcing genius at an early age, and thus ruining the health. Some parents feel mortified, if their little ones cannot read tolerably at six, and be well acquainted with grammar and geography at ten; and they seem to forget entirely that even if all

this be accomplished, there is no probability whatever of their being a single step in advance at the age of twenty-five, of those who have not learned to read before eight, or become acquainted with grammar and geography before twelve. I do not mention this as an argument against commencing their education in infancy; far from it; for the intellect is improved and developed by exercise, as I have already said, like the body. I only wish to show that neither should be neglected, and that the perfect development of the one is not inconsistent with that of the other. But I would go one step further. Inasmuch as all enjoyment in this life, and even the full force of the mind, depend upon the entire health of the body, it would be safer to direct the principle attention to the latter, till it shall have arrived at maturity, than to run the risk of its being neglected in the cultivation of the former. The mind can be brought to a high pitch of excellence, even when the work is not commenced till the age of twenty; but if the body be neglected till this period, it is not only incapable of acquiring its natural powers, but speedily suffers from disease.

It is a silly notion with some persons, that if little girls are allowed to run and play at the different games now principally confined

to boys, they will necessarily become rude and boisterous ; and so health must be sacrificed to affected decorum. Far be it from me to wish to encourage customs or habits which would detract in the least from the gentle and amiable manners for which my fair countrywomen are deservedly celebrated. But I do insist upon it that they may enjoy, if properly educated, a tolerable degree of Spartan health without losing female gentleness, or acquiring the masculine character of the Spartan females. It will be recollected that I wish to give them the healthful exercises of that hardy race with the mental refinement of the moderns. The Spartan women were accustomed almost from infancy to run, wrestle, throw the dart, and dance and sing. These invigorated their bodies ; but then they were taught to perform these exercises half naked, and in the presence of the other sex, to which may doubtless be attributed their want of sensibility, and the masculine turn of mind which characterized them. “ *Les filles de Sparte ne sont point élvées comme celles d’Athènes : on ne leur prescrit point de se tenir renfermée de filer le laine, de s’abstenir du vin et d’une nourriture trop forte : mais on leur apprend à danser, à chanter, à lutter entre elles, á courer légèrement sur le*

sable, à lancer avec force le palet ou le javelot, à faire tous leurs exercices sans voile et demi nues, en présence des Rois, des magistrats et de tous les citoyens, sans en excepter même les jeunes garçons.”—*Voyage du Jeune Anacharsis*.

Constant exercise and amusement in the open air then, may be set down as the first thing to be attended to in the physical education of girls as well as boys, and when they are confined to the house by inclement weather, they should be allowed to enjoy their sports in a large airy apartment ; and here I will remark, that there is no in-door exercise I can so strongly recommend as dancing, for it imparts at the same time strength to the body, and ease and gracefulness to its movements ; besides, as most children who are taught dancing are very fond of it, it encourages cheerfulness and good humor, so conducive to their health, and I cannot conceive a more rational or delightful employment for a mother, when the weather confines her little ones within doors, than spending an hour or two each day at the piano, while they with happy countenances move around her in unison with the music. An hour or two may be well employed in this way between breakfast and dinner, and the same time in the evening.

In order to derive the full benefit from this delightful exercise, so suitable for the spring time of our existence, it should be in a large room, with the windows open in mild weather, and in one without a fire in it in winter, for then your children will have fresh air, and not become immoderately heated.

Thus far have I spoken in general terms, but if I were to lay down definite rules, they would be the following : Let your children rise at sunrise in summer, and at break of day in winter. This is what they are always inclined to do if left to themselves, and their habits are not vitiated. Let them be washed all over with a little soap and soft water. The water should be always of the temperature of the cistern or well from which it is taken. This will purify the surface, and is refreshing to the whole system in warm weather, and invigorating in cold. Let them amuse themselves a little while before breakfast, especially in the open air in summer, but the breakfast must not be deferred too long, as the appetite will become too keen, and they will eat more than they require. The breakfast should consist of milk, bread, potatoes, and similar articles, to which may be added a suitable quantity of butter and molasses. Meats of all kinds, and coffee and tea they should never taste. Between

breakfast and dinner, three hours may be given to study, and the rest devoted to active sports. The dinner must not be at a fashionable hour, but from twelve to two o'clock ; at all events it should not be so late as to allow them to get excessively hungry, and should be of the simplest fare—bread, all kinds of cooked vegetables, and a very moderate allowance of animal food. In hot weather this last should be omitted altogether, and milk substituted in its place. After dinner, three hours may again be devoted to study, and the rest of the day to active amusements. The supper should be nothing more than bread and milk, rice and milk, mush made of Indian corn and milk, and food of a similar description. They should not set up too long after supper, but retire to bed as soon as they are sleepy. This will commonly be at an early hour, (if they rise when they ought to,) for young persons require more sleep than those who have arrived at maturity. They should never sleep on feathers in summer, or be too warmly covered at any time. A hair mattress is probably the best bed the year round. Their sleeping apartment should not be confined, but airy, and every thing belonging to it should be kept in the neatest possible manner. These rules I would not only en-

force while children are very small, but till they arrive at maturity. They are the means of promoting health at eighteen as well as at eight, and if properly followed up will seldom fail of success.

I cannot leave this part of the subject without adding something more on the practice of early rising. It is a mistaken idea with many, that it is of no consequence what time they retire to rest, or get up in the morning, provided they are not too long in bed; in other words, it is all the same whether they commence the day with the sun, or three or four hours after him. Now these persons are probably ignorant that light is a most powerful stimulant to the whole vegetable and animal creation, and that at its first dawning in the east all nature bespeaks its influence. It gives the vegetable world its verdure—bids the flowers expand—calls forth the notes of the feathered songsters, and wakens all animated nature to a consciousness of its existence. What can be more beautiful than that description of sunrise and the influence of light, in the Seasons :—

“ But yonder comes the powerful King of Day
Rejoicing in the east. The less'ning clouds,
The kindling azure, and the mountain's brow
Illum'd with fluid gold. Lo, now apparent all

Aslant the dew—bright earth and color'd air,
 He looks in boundless majesty abroad,
 And sheds the shining day—that burnished plays
 On rocks and hills and towers and wandering streams,
 High gleaming from afar. Prime cheerer, Light!
 Of all material beings first and best!
 Efflux divine.”

There is also a freshness in the morning air peculiarly conducive to health, and the satisfaction which all experience from early rising, who are accustomed to it, has the undoubted effect of promoting cheerfulness, and that self-complacence which is produced by a consciousness of fulfilling the high destiny of our creation.

“Let me enquire,” says an interesting writer, “what have been your feelings when peculiar circumstances of business, or other sufficiently strong inducements have led you to rise earlier than usual? Have you not been surprised at your first insensibility which could suffer you to lose so much valuable time? Have you not despised yourself for having yielded to what is generally called an *indulgence*, but what you have found to be a complete obstacle to the most exquisite of all indulgencies? Have you not, in spite of your recollections of first habits, experienced something like a sentiment of contempt for those who were still immured in sleep, instead of exerting the faculties with which

nature has endowed them, who were “tossed in a sea of dreams” instead of employing their judgments at a time when they are most capable of exercise?” Early rising then, is unquestionably conducive to mental as well as corporeal vigor, and it is the duty of every mother to teach her children the impropriety of indulging in sleep, when every other animal naturally obeys the summons to activity.

“Falsely luxurious—will not man awake,
And springing from the bed of sloth, enjoy
The cool, the fragrant, and the silent hour
To meditation due, and sacred song?
For is there aught in sleep to charm the wise?
To lie in dead oblivion—losing half
The fleeting moments of too short a life,
Total extinction of th’ enlightened soul?
Or else to feverish vanity alive,
Wildered and tossing through distempered dreams?
Who could in such a gloomy state remain
Longer than nature craves?”

To every school for girls I would have attached a large play ground, where they should amuse themselves as they please for five or six hours every day—six hours might be closely applied to their studies and needle work, &c. They should rise early, and go to bed early, and their food should be of the simplest kind. I am decidedly in favor of Calisthenics, but exercises of this sort

should never be insisted on when they grow irksome. It is necessary that the exercises should be relished, as are the ordinary games, such as ball, battle-door, &c. or they will do comparatively but little good. When children are left to choose their own sports, they enjoy them most. It is very common for little girls who show any precocity of talents, to be stimulated by every inducement that can possibly be held out to them, to extraordinary application to their studies, and when they have a fondness for learning, their health is not unfrequently sacrificed by entirely neglecting the body for the embellishment of the mind. I have often witnessed the pride and satisfaction with which parents have spoken of the intellectual acquirements of a favorite daughter, when at that moment, her whole appearance bespoke to the observing eye, a constitution seriously impaired by the unremitting labor those acquisitions had cost her.

In 182—, I was consulted respecting the health of Miss ——. She had from the age of six or seven, exhibited uncommon abilities for a child, and though one of a large family, was decidedly a favorite of her father, who was a man of highly respectable literary attainments. Conscious as she must have been at an early period, of

his fondness, it seemed the greatest pleasure of her life, to merit his approving smile, and as nothing pleased him so much as her rapid progress in learning, she gave her whole soul to her studies with a devotedness truly astonishing. When eight years old, the quantity of poetry (of which she was remarkably fond) she had committed to memory, and rehearsed with a great deal of taste and expression, was almost incredible, and as she sat upon her father's knee, repeating the sweet strains of Cowper, Mrs. Hemans, and others, it was easy to see the mingled emotions of pleasure and parental affection which they excited.

I pass over several years with the bare mention of her uniform success in obtaining the first prizes at school, and come to a period that has a more immediate bearing on our subject. Miss —— had attained her eighteenth year, was rather tall, but very spare and delicate; her complexion was fair, and her large blue veins were very apparent about her neck and arms; her eye was animated and full of expression; her voice in ordinary conversation was peculiarly soft and melodious, and the remarkable sweetness of her temper was perceptible at the first glance. Her person I will not minutely describe—it would be dwelling too long upon

the casket, when the gem it contains should at once rivet the attention.

Her mind was truly a gem of the first order, possessing those native qualities which alone can give intrinsic value. It had received all the improvement which the most unwearied labor could bestow upon it, or even a father's heart could desire, and now shone forth in all the perfectness of its splendor. But alas, it was like the meteor's blaze, which appears for a moment, and then vanishes forever. Her father had indeed gained a prodigy, but lost a child. Need I tell the sad sequel of her tale—it is what all have witnessed, and what may be told of thousands. A slight cough gave the first warning of the impending calamity, but her whole appearance exhibited to the practised eye, a constitution ruined by neglect of exercise and incessant application to study, and the advances of that relentless disease, consumption, were indeed too visible ; but assuming all the mildness and gentleness of character for which its victim was remarkable, it seemed to take from her all fears of its certain consequences and final termination. Still her fondness for those intellectual pursuits which had so much embellished the spiritual part, while its frail covering had been gradually fretted out, was unabated ;

still she seemed wrapt in a bright vision that was ere long to be interrupted, and could with difficulty be induced to pay any attention to her health. Why should she? She felt no pains, and she could discover in herself no indications of disease. A slight cold would account for her cough—her appetite was as usual—her spirits were undiminished—and to convince her that a fatal disease was already fastening upon her, was to convince her against the evidence of her own senses.

Still, however, the destroyer was gaining ground, but so silently, so stealthy, that no alarm was excited; indeed, he seemed to fascinate the object of his wiles as the serpent does the harmless bird that it decoys to destruction, beguiling her with the mock roses and lilies under which he lay concealed, till she should yield unhesitatingly to his deadly embrace.

Among all the diseases that prey upon human life, none are so false and deceitful as consumption. It singles out the fairest and most delicate part of creation for its victims, and alas, too often foils all the exertions and ingenuity of man to arrest its progress. Inflammations, fevers, and a host of other maladies, attack us openly, and with a degree of boldness that at once puts us on

our guard ; but consumption is a concealed enemy, that silent and unsuspected gets possession of the citadel, and slowly carries on the work of destruction at the very seat of life.

But I am wandering from my subject, and fain would I leave the rest untold. Though short, it is full of melancholy—though the fate of thousands, it is not the less replete with painful interest, for who can behold one so young, so intellectual, and so lovely, decked with false roses as for her bridal, and calmly and unconcernedly descending step by step, to the gloomy mansion, and not be moved ? Suffice it to say, no human efforts could delay the fatal moment, but her lovely spirit shone brightly to the very last, and when its frail tenement was no longer worthy to retain it, it was gently released almost without a struggle or a moan.

I have seen life suddenly extinguished by some unforeseen event—I have seen it rushing forth in a deluge of blood, and in infancy, in the middle aged, and in the old have I seen it long holding a fearful strife with an overpowering disease, reluctant to yield even when forced to do so ; but seldom have I seen it so sweetly breathed out, if I may so speak, as in this instance.

Before closing my remarks on the educa-

tion of females, I will give you a case which has appeared to me well calculated to show the pernicious effects of misguided parental affection, and the power of nature in repairing in some measure the injury she has sustained under certain circumstances. Such cases are undoubtedly rare, for either the health is irreparably destroyed by similar treatment during childhood, or else the condition of the individual prevents the application of the only efficacious remedy.

Mrs. P—— was born of very respectable parents, both of whom were remarkably amiable, and she had the misfortune to be the oldest of several children. Her mother was one of those anxious, timid women, always looking out for sickness and accidents, and excessively alarmed at the most trifling indication of disease, or the least casualty. She early imbibed the idea that her first-born, Fanny, had an excessively delicate constitution, and would require all the care and assiduity that could possibly be bestowed upon her, to bring her to maturity. This probably arose in some measure from her being rather smaller than most children, and from her having been occasionally visited by some of the complaints peculiar to infancy.

If Fanny coughed or cried, or was disin-

clined to eat, or was restless at night, her mother was sure she was ill, and flew immediately to the medicine chest for hive syrup, paragoric, or castor oil, and if the child did not soon appear entirely well in spite of this dosing, the doctor was summoned forthwith. She was not allowed to breathe the fresh air, even in mild weather, for fear of croup, and her stomach was kept so constantly disturbed by some of the aforesaid remedies, that nothing like healthy digestion took place; flatulence, acidity, and colic pains were the consequence, and these were invariably attributed to a naturally weak stomach, forbidding the use of any thing but barley-water and arrow-root.

In spite of all these hindrances she grew up, but was in reality a very feeble girl. How could she be otherwise? But what is a little remarkable is, that the mother so completely concentrated all her anxious fears and unwearying attention in this first object of a mother's affections, that her other children, though brought up with sufficient care, completely escaped her pernicious officiousness, and were comparatively robust. The mother concluded from their general health that they were blessed with good constitutions, and required but little nursing, and as Fanny was the idol to whom all her sacrifices were

offered, the younger sisters were early taught to wait upon their elder, and being allowed to exercise, eat, drink, and sleep something as nature dictated, they grew up healthy girls.

It is not a little surprising that with all this petting, confinement, and dosing, which commonly sours the temper, poor Fanny should have been tolerably good natured, not to say amiable; but she was really one of the most kind-hearted, affectionate beings I ever saw, and though her frame was very feeble, she was perfectly free from any thing like disease. She was a living evidence of the extent to which nature will be sometimes thwarted in her purposes, though she is more frequently quick to avenge man's mischievous interference in her works. Left to herself, she rarely fails to perfect what she has commenced, but often interrupted, she indignantly casts her task from her, as unworthy of being accomplished.

At nineteen, Fanny was married to a man of excellent character, who did all a kind hearted husband could do to make her happy. This, as will appear, was no easy matter. When I became their physician, which was at an early period of my practice, they had two children, and Fanny was almost constantly requiring my attendance. She

was never in my opinion dangerously ill, but incessantly complaining. She was very thin, pale, and feeble, and the least agitation brought on the most distressing nervous attacks, but I never could discover that she had any fixed malady. She was often shut up in her room for weeks together, with little or no appetite, sleepless nights, and altogether, in a most pitiable state of weakness. She had at different times all the diseases which "flesh is heir to," (I mean in imagination,) except perhaps small-pox, yellow fever, hydrophobia, and a few others, and *often, often* believed herself at the very point of death.

It would be utterly impossible for me to enumerate the different times I have been summoned to her, with an assurance on the part of the messenger that she would not be alive at my arrival unless I went with the greatest possible despatch. But strange as it may seem, in every instance I found her a little relieved, though told that had I been a few moments sooner I should have thought her nearly in the last agonies.

The fact was, her nervous system was so irritable, that the veriest trifle agitated her, and then she would work herself into the belief that her last moment had now come. I am convinced it was no affectation or deception on her part, for nothing

could be more foreign to her character than to practice either. Her sufferings were all real to her, for which reason I had patience with her, and did all I could to calm and relieve her, and her husband, good man, looked upon her in exactly the same light that I did, and instead of exercising any harshness, did every thing in his power to please her, for the least unkindness on his part operated so excessively on her sensitive mind, that he found it best as much as possible to avoid it.

All my arguments failed to induce her to take regular exercise abroad, a thing indeed that she never had done, and though I strongly advised her not to drink tea, she found such temporary satisfaction from it, that she could not resolve to lay it aside. She told me that she knew strong tea was poison to her, and that if sufficiently strong, it would render her for a time, delirious, yet she insisted that weak tea was not hurtful to her, and furthermore, that she could not live without it.

This was queer reasoning ; for according to this principle a poisonous substance may destroy life if taken in a certain quantity, but habitually taken in minute doses, it is not only harmless, but conducive to health.

Absurd as this may seem, it is just the way some people reason on a thousand other sub-

jects. How often have I been told that a little brandy was useful to promote digestion, and moderate lacing a support to the body ; yet where is the person who will deny that too much of either of them will destroy life. I know that it will be objected, that immoderation in any thing will do the same. I grant it, but the point which I insist upon is this ; the same course of reasoning will not apply to the food and clothing which nature, or common sense if you please, points out as necessary, and to those things, the use of which is entirely artificial ; a proper use of the former is beneficial, any use whatever of the latter must be more or less hurtful, and observation proves the correctness of this position.

Fanny was a fond mother, and whenever either of her children happened to be at all indisposed, her fears were immediately transferred from herself to them, and she became really one of the most unhappy beings imaginable. She could neither eat, sleep, nor for a moment leave them, till she fancied they were better, and then, exhausted by her anxiety and exertions, she inevitably took to her bed, which she sometimes could not leave again for weeks.

When consulted by her, the first question she usually put to me was—" Well, Doctor,

is it possible for me ever to recover?" An assurance from me that she was not in a dangerous state, commonly produced the reply, "I have always been so feeble that I am sure I cannot survive a great while, and it appears to me that every ill turn is more severe than that which preceded it."

She would sometimes ask me with the greatest solemnity of manner, if I thought she would live many days, and I have not unfrequently found it very difficult to maintain my gravity in answering her.

To have lightly treated her fears, would have been to wound her feelings, and irretrievably lose her confidence. Her mental sufferings were exceedingly great, and knowing as I did, that they depended upon the debility of the body, I had no disposition to ridicule them, or think them undeserving of attention and sympathy.

It was melancholy thus to see a young female deprived of health, and almost every enjoyment of life, and dragging out a painful existence in consequence of the misplaced cares of one of the best disposed mothers, and without any probability of her being essentially benefitted by my prescriptions.

But at length a reverse of fortune, as most persons would call it, proved to be any thing but a reverse to her, and did

more than all the medicines that could be advised.

Her husband sustained some losses, and was compelled to seek a less expensive mode of living. He sold his property for the benefit of his creditors, and with the trifle which remained to him, went to a new settlement not many miles off, purchased a piece of land, erected a log house, into which he moved his family, and applied himself to the task of clearing up a new farm.

His wife saw the necessity of the change, and did not murmur; but it was hard for her to leave the neighborhood of that affectionate mother to whom she thought she owed a debt of gratitude she could never be able to cancel, but to whom, in fact, she owed all her sufferings.

To keep even a single servant now, was out of the question, and she was compelled by stern necessity, to make exertions which she had never before attempted. The affairs of her little log tenement were to be managed by her, or not at all, and I must do her the credit to say, considering the life she had always lived, and the extreme delicacy of her frame, she commenced her domestic labors with a degree of fortitude that was really surprising. At first she could do but little at a time, without lying down to

rest herself; and many were the hours spent in tears, and dark bodings of the future. But her health and strength slowly improved, and though she now and then gave up and took to her bed, the state of her house soon forced her from it, and after struggling on in this way for nearly two years, she at length found herself sufficiently strong to conduct her concerns with considerable ease, and her husband discovering that her exertions were doing her more good than all the doctors, thought it most prudent not to ease her burdens, except by kind and encouraging language, and finally saw her in the enjoyment of tolerable health, justly considering the loss of property and the hardships it had brought upon them, the greatest blessing he could have received. That bad health in this instance was entirely the effect of early habits, was fairly proved.

CHAPTER III.

MEANS OF PRESERVING HEALTH.

BEAUTY DESIRABLE—ITS INFLUENCE—ITS PRESERVATION—PERSONAL CLEANLINESS—SIMPLICITY OF DIET—FRESH AIR.

That beauty is desirable, and well worth preserving by those who possess it, cannot admit of a doubt. It is desirable for the plain reason that every thing is desirable that can make us pleasing to others, and the longer it can be preserved, the more lasting is the pleasure which we are enabled to impart.

All men are more or less sensible to female beauty—of course she who possesses it, has the means of powerfully influencing them to the performance of good or bad actions. “There is nothing” says Addison, “that makes its way more directly to the soul than Beauty, which immediately diffuses a secret satisfaction and complacency through the imagination, and gives a finishing to any thing that is great or uncommon. The first discovery of it strikes the mind with an inward joy, and spreads a cheerfulness and delight through all its faculties.”

In order to have its full effect, beauty must

be natural, and connected with perfect health. A fair skin and rosy cheek are calculated to excite admiration—but if it be discovered that they are entirely produced by paint, that admiration becomes disgust, or if owing to disease, it is changed to pity.

The grand preservatives of beauty, are the means which impart health to the body. To enter into a full examination of all these, would lead me perhaps further than your patience would follow. But two or three of the most important, viz. personal cleanliness, simplicity of diet, and fresh air, I will take up a little in detail.

The inhabitants of different countries have very different ideas of personal cleanliness. In the United States and England, it principally consists in frequent changes of linen, while in France and Italy more attention is paid to purifying the skin by means of the bath. But strict cleanliness cannot exist without both of these.

The reasons are, that the skin is every where, except on the palms of the hands or soles of the feet, pierced by innumerable little holes, which are the mouths of a set of curious little organs, which pour out upon its surface an unctuous or oily fluid, which lubricates it, and renders it soft and shining. These organs are entirely different from the

pores through which the fluid of perspiration passes, and it is because the skin is rendered oily by them, that the perspiration (which resembles water) in warm weather collects in drops, as on oiled silk or on oiled paper. They are particularly large about the forehead and nose, and their mouths may be easily seen with a magnifying glass. In some persons, those about the face become obstructed, from the fluid which they form being too thick to flow out, and collecting as in a little sack, which is gradually distended, and its contents assume the appearance of curd. That part of it which fills the mouth of the organ, from being exposed to the air, turns black, and the skin around it is sometimes slightly inflamed, forming a pimple. When this is pressed between the points of the fingers, the curdy matter is forced out, in appearance much resembling a small white worm with a black head. In fact, ignorant persons suppose them to be worms, but a magnifying glass shows what they really are.

The greatest quantity of this oily matter is poured out upon the skin in warm weather, and gives it a decidedly greasy feel, especially on the face, and if water be sprinkled on any part of the skin, it will be seen to stand in large drops, instead of

spreading equally, as on paper or dry linen. Unless removed from the surface from time to time, it accumulates, and causes light dust to adhere to it, and if long neglected, obstructs its healthy function.

We have then two kinds of fluid constantly exuding from the surface of the body—the one resembling oil, the other water, and when there is not sufficient attention paid to cleanliness, the matters accumulated on it, become less rancid, and impart a peculiarly disagreeable odour. The surface of the skin is well calculated to favor these accumulations, for on closely examining it you will find that it is not even, but grooved in all directions by minute fissures, leaving between them little points or eminences called *pupillæ*. On the points of the fingers, these are arranged in a circular manner, and very visible. Now if you allow ink to dry on the tips of the fingers, and then attempt to rub it off with a damp cloth, you will find that you succeed only in part, for the ink in the grooves or fissures is scarcely touched by the cloth. This little experiment will show you the impossibility of cleansing any part of the body by mere wiping or rubbing, and as plain water makes little or no impression on any thing greasy, you will perceive the necessity of using soap. In fact without a

frequent application of soap and water to every part of the skin, it cannot be kept clean.

By changing the linen often, much of the impurities which accumulate on the skin may be rubbed off, but enough will be left to clog its pores and debilitate its minute vessels. Now what must we think of those genteel people who never use the bath, or only once or twice a year wash themselves all over, though they change their linen daily? Why that, in plain English, they are nothing more or less than very filthy gentry; and you will find, if your olfactories are at all sensitive, whenever you happen to be near them, and their perspiration is a little excited by exercise, that they have a something about them which lavender water and burgamot do not entirely conceal. And what is this something? Why it is simply the odour occasioned by the fluids which are naturally poured out upon the surface having become rancid, as I have just mentioned. In some persons owing to some peculiarity in their constitution, this odour is far more noticeable than in others, but it is discoverable in a greater or less degree in all, when they are heated by exercise, who do not use frequent ablutions. There is one fact connected with this subject, which is

worthy of notice, and that is, that those persons who have enough of this odour about them to be perceptible to others when very near them, are often unconscious of it themselves, and this above all things, should put ladies on their guard.

In one instance I knew the attachment of a gentleman to be actually broken off by the impression made upon his senses at different times. He was a man of strong feelings and acknowledged that it so far destroyed the high notion he had formed of the lady's perfect purity of body and mind, that he could never love her afterward: and I have known several other instances of gentlemen taking an unconquerable dislike to females of estimable character from exactly the same cause.

In making these remarks, I feel that I am treading upon dangerous ground, and I almost tremble lest my motives should be suspected; and I should be charged with attempting to detract from the personal charms of my fair country-women, but conscious of the rectitude of my intentions, I risk their resentment for the sake of being useful to them, and throw myself upon their generosity, trusting that they will give me the credit of wishing to increase female loveliness, by explaining the causes which

may impair it, and the means of obviating them.

There are many individuals, especially men, whose feet have a very offensive odour in warm weather. In all these cases the feet perspire excessively, and consequently become tender, and have a par-boiled appearance whenever a good deal of exercise is taken. In them, the perspirations of the feet appear to have become changed from the natural state, for after washing the feet clean and putting on clean stockings, and then being heated for a few hours, they will be found to have the peculiar odour on taking off the shoes. I have often been consulted for this peculiarly unpleasant and troublesome complaint, and have always found it removable by the following means: Wash the feet regularly every morning in water at the temperature of the weather in summer, and in that which has stood in a warm room during the night in winter. A little soap should also be used. In very hot weather they should be washed both morning and evening, and the stockings should be changed at least twice a week in winter, and three or four times in summer. There will be no more danger of taking cold after the practice is once well commenced, than from washing the face and hands. Wool-

len stockings should never be used in warm weather. By these means the offensive smell is entirely removed, and the feet are hardened, so that they will not suffer from heat and exercise. I have known several persons, at times quite unable to walk from this tenderness of the feet, to be entirely cured by the foregoing plan.

From the earliest ages, Eastern nations have considered the warm bath as one of the greatest luxuries. But with them it does not merely consist in remaining for a certain length of time immersed in warm water. A variety of rubbing and frictions which tend to purify the surface are also indispensable. That it is one of the most pleasant modes of promoting cleanliness and health, cannot be doubted; but as in our country it is often attended with considerable inconvenience, a good substitute for it is certainly a desideratum. This we have, and within the reach of every one. It consists of a basin of water, soap, a sponge, and coarse towel. In winter the water may be warm; in summer it will answer at the temperature of the atmosphere. The body should be first rubbed over with soap, and then thoroughly washed with the wet sponge. Lastly, wiped dry, and friction applied with the towel. This will take but a few minutes, and should

be done every day, at least in warm weather. By these means, the beauty and softness of the skin is preserved—the minute vessels of the surface invigorated—and the liability to checks of perspiration, and various unpleasant cutaneous eruptions prevented.

Perhaps nothing will so long maintain the appearance of youth, and, under all circumstances, keep at a distance the marks of age, as a strict attention to the skin.

There is an absurd notion among some persons which rests wholly in ignorance, that washing the face with water, and still more with soap and water, will injure the complexion, when in fact it is the very best means of preserving it, by imparting vigor to the skin, and preventing its secreting apparatus from being clogged; and I am fully convinced that under similar circumstances, she who daily washes her face with fine soap and soft water will look fresh and blooming, when the face that has been rubbed with spirits, cologne-water, flour, hair-powder, &c. is faded and wrinkled. This is not merely my opinion, but that of all eminent physicians; and you can easily determine in your own mind whether they are better acquainted with the nature of the skin, and the best

means of preserving its health and beauty, than those who protest against soap and water.

It is a matter of atonishment to me, that English women, with their refined notions of neatness in every other respect, should be so blind, as it must be admitted they are, to the necessity of a frequent use of the bath, or even of its substitute, a thorough ablution of the whole body. They know the use of soap and water to the neck and arms, but do not apply them as generally as they ought to. That our women, though they so uniformly adopt English customs, should imitate them in this respect, is not a little surprising, for the following reason: The heat of a large portion of our year far exceeds that of England. Of course, the secretions from the skin are proportionably increased, and from the high temperature more readily become rancid. All this clearly shows the greater necessity of frequent washings. In winter they are also necessary, for though the secretions are then not as copious, they do not cease altogether, and if not regularly washed away, render the skin unhealthy and liable to checks of perspiration from every change of temperature.

From considerable observation, I am fully convinced that most persons peculiarly sub-

ject to colds, but otherwise enjoying ordinary health, may in a great measure protect themselves from them, by daily sponging all over with cold water.

It is stated that Sir Astley Cooper, the first surgeon in Great Britain, who still enjoys remarkable health for his time of life, has for more than thirty years practised sponging himself with cold water every morning, and when he was a hospital surgeon, he did not hesitate to walk across the hospital-yard to his carriage, in silk stockings and pumps in the cold damp winter evenings, after having spent some time in the warm atmosphere of the wards, and very rarely caught cold.

But I would not insist on personal cleanliness as a preserver of health and beauty alone. There is no doubt that it has a salutary influence upon the mind.

“E’en from the body’s purity, the mind
“Receives a secret sympathetic aid.”

It promotes cheerfulness, and that satisfaction with ourselves which we always experience from practising what reason points out as proper or useful. That cleanliness powerfully influences the temper and conduct of children is well known to every mother. How often does simply washing the

face and hands, and a change of clothes put them in good humor, when they have been playing in the dust and heat till they are out of temper, and there is no doubt that the same thing has a similar effect on adults. I recollect the case of an excessively irritable man, who managed to keep himself in a tolerable humor by repeatedly changing his linen every day. If any thing unpleasant occurred, he would hurry off to his chamber to change his linen before he got in a passion.

In warm weather I have thousands of times remarked the delightfully refreshing effects of washing all over in cold water, particularly on first rising after a sultry night, and I can speak from several years daily experience of the happy effects of these ablutions upon the spirits.

If I have succeeded in convincing you of the immense importance of personal cleanliness in its strictest sense, especially to females, need I use any further arguments to persuade the mother of several daughters to impress the same upon their tender minds, not only by precept, but by what is far more efficacious—example?

DIET. It is a common remark among people, that such a thing is bad for the complexion, and such a thing is bad for the teeth—but

as far as I have observed, these opinions are very vague, and rarely founded on facts. That different kinds of food and drink exercise a powerful influence in these respects, there cannot be the least doubt. On this point most medical men of eminence agree, and I shall endeavor to lay before you a few of the results of their observation.

In the first place, a healthy digestion is absolutely necessary to a good complexion, for whenever it is at all faulty, the skin immediately shows it, though the individual may not feel materially indisposed.

Too rich or too stimulating food invariably impairs the digestion, and consequently injures the appearance of the skin. Now the quality of the food required by every individual, is indicated by his habits and employment. If accustomed to constant exercise of the body, it should be nutritious. If sedentary and inactive, it should be much less so. But young persons invariably do best on the simplest and but moderately nutritious fare. For instance—too large a proportion of animal food and fatty substances are pernicious to the complexion; on the contrary, a diet principally vegetable, with the luxuries of the dairy, is most advantageous.

It has been observed by all travellers, that no where are finer complexions to be found

than in those parts of England, Ireland, Scotland and Germany, where the living is almost exclusively vegetable. Some, I know, have attributed this entirely to climate; but an abundance of facts can be produced, which prove that diet has also considerable influence.

Opportunities are not wanting of marking the effects of certain modes of living in our own country. I have known many large families remarkable for the simplicity of their food, whose clear skins and rosy cheeks were the envy of all who saw them, and I have seen complexions naturally good, entirely spoiled by living too sumptuously. An intimate friend of mine had a large family of daughters whom he never indulged in rich food, or in the use of coffee or tea, and I have never seen finer complexions or better teeth than theirs. They are now, I believe, all married, and have families, and they are still remarkable for their health, and the retaining of their freshness and youthful appearance.

A diet too rich or too stimulating, commonly renders the skin coarse, and subject to pimples, and gives it a thick, rough and greasy appearance. Sometimes, however, it renders it pale, sallow and harsh. The cheek may be red, but it is not the carnation

tint of health—it more resembles the flush of the dram-drinker, and arises from a similar cause, viz.—too much stimulus. The breath is apt to be offensive, and the teeth bad. Those who eat immoderately of animal food, have almost invariably a disagreeable breath, and even the perspiration from every part of the body, has a heavy, unpleasant odour, while those who subsist entirely on vegetable food have seldom if ever a constantly bad breath, or offensive perspirations.

It has been ascertained that the teeth are uniformly best in those countries where the least animal food is eaten. In Ireland, Scotland, and some parts of England and Germany, where the common classes subsist almost entirely on bread, potatoes, and other articles from the vegetable kingdom, with milk and its products, they have fine white teeth, and in districts in the same countries, where any considerable quantity of animal food is used, it is asserted that the teeth are perceptibly less sound and beautiful.

In no other civilized country is there any thing like as much meat eaten as in our own, and all agree that no other people have such bad teeth as the Americans. I will not pretend to say that this is entirely owing to our

diet, but I have no doubt it may be principally attributed to it. I have often remarked that a large proportion of Irish, on first coming among us have good teeth, but after residing here a few years, they turn yellow, and decay nearly as much as our own. This they commonly attribute to our climate, and never suspect that a change from a diet of potatoes and buttermilk to fresh meat three times a day, can have any effect upon them.

I am fully convinced that the teeth are far more influenced by diet than by climate. But to form an opinion from solitary examples is the height of folly, or to suppose that this or that mode of living is best because certain individuals who have adopted it are healthy, is equally irrational. Just conclusions can only be drawn from a great mass of facts. Persons may be found who have good teeth, and yet who eat little else but animal food; and others may be found who have bad teeth, though they subsist entirely on vegetables. This proves nothing. But when you find the inhabitants of a section of country who eat no meat, possessing good teeth, and those of another who do eat it, less favored in this respect, there is, to say the least, a strong presumption that diet has something to do with the difference.

It is supposed by many that sugar is inju-

rious to the teeth, but I believe we have no satisfactory evidence of its being so. This notion has probably originated in the effect of sugar on carious teeth, viz.—to produce pain; but upon this principle, cold water must be bad also. It is not a little remarkable, that nearly all warm blooded animals appear to be fond of saccharine matter, and thrive well on food containing a proportion of it.

The blacks on the sugar plantations are observed to grow rapidly fleshy, when the season for grinding the corn arrives, and those who have been sickly often recover about the same time. That an immoderate use of sugar, and food containing it, is unwholesome for delicate children, there cannot be a doubt, for it tends to derange the digestive organs; but used in moderation, I believe it to be perfectly innocent. It is possible, that loaf sugar and candies may sometimes injure the teeth by their hardness, but in no other way, unless taken in such large quantities as to derange the digestion.

All stimulating drinks, as wine, beer and cider, (for I trust few girls among us ever taste any thing stronger than these,) are hurtful to the complexion, in a greater or less degree; but as the use of these articles is comparatively trifling among our females,

I leave them to speak of those, the effects of which are more to be dreaded.

I refer to tea and coffee—articles sanctioned by established custom, and generally supposed to be harmless. That they tend to impair the digestive powers in persons of inactive lives, is admitted by most physicians, and I have already stated that nothing ruins the complexion more surely than bad digestion. But can you tell me what benefit these two articles are to young persons? or why they use them? I anticipate your answer, for no other can be given. They are of no benefit whatever, and are only used because it is customary to drink them twice a day, on the supposition that they are not hurtful. But why indulge your children in habits you admit to be useless, and which very eminent men declare to be more or less injurious? Are you not the guardian of their health? Have you not their future happiness in your own hands, inasmuch as their constitutions depend in a great measure upon the manner in which you bring them up? And are you not accountable to them, to their offspring, and to your Maker, for the manner in which you discharge your duty to them? It is not enough that you guard them from apparent danger—you must teach them to avoid those prac-

tices that are even suspected of being dangerous.

Now, inasmuch as tea and coffee are admitted on all hands to be useless for children, and are strongly suspected, yes, even declared by many of those most competent to judge, to be hurtful to them, what excuse can you have for allowing yours to drink them? Perhaps you will ask me—What shall I substitute in their place? I answer, a cup of milk, or a glass of water. These, nature herself teaches, and experience confirms the same, are not useless but wholesome.

Finally, what can you say to allowing your children to indulge not only in tea and coffee, but in the thousand high seasoned and rich dishes which constantly appear on your tables—the puddings, pies, and cakes, and the sauces, sweetmeats and confectionary of which they are so fond? These you not only know to be pernicious, but daily tell them so while you permit them to partake of them. In doing so, you point out the evil to them, at the same time you permit them to fall into it. Can you acquit yourself in this matter of gross inconsistency, and of wantonly trifling with the health of those who should be dearer to you than life?

How often have you said, when you were

conscious you were doing wrong, "Oh, let them have a little of this or that," which your good sense teaches you is unwholesome, "I am sure it cannot hurt them," and "they are so fond of it."

I must confess I have no patience with such childish management, and let me tell you what you may calculate upon if you persist in this course. First, repeated fits of illness in your family, and long doctor's bills. Second, feeble constitutions, and a premature grave for some of them. Make up your mind to spend anxious days and sleepless nights, and months, and perhaps years in mourning the untimely death of a darling child. Will you then think me harsh and unfeeling if I tell you, you have brought all this suffering upon yourself, and upon the principles of retributive justice, you richly merit it. Believe me, we are oftener the immediate cause of the calamities which come upon us, than we at all suspect.

FRESH AIR. Too much cannot be said in favor of fresh air, as a means of preserving beauty. In fact, it is as indispensibly necessary as proper food is to the maintenance of health. But by fresh air I do not mean that of the country only; I use the expression in contradistinction to the con-

finer air of close apartments, and of certain situations.

It is very customary with many, to abuse the air of the city, and to lay to its charge a large share of our diseases. Some think it unhealthy only during the summer months, and others consider it but little better than a slow poison the year round. These people forget that the habits of the city are widely different from those of the country, that the living is more sumptuous, the exercise less, and every species of dissipation increased a thousand fold—and these are not trifling differences; their operation is far more general than would be at first suspected, and is much oftener the cause of disease than city air.

That the atmosphere of a large and populous city is altogether less salubrious during several months, than that of the country, there can be no doubt whatever; but in the winter, and a considerable part of the fall and spring, I believe that in airy situations, it is nearly if not equally so.

One of the most apparent effects of fresh air, is the ruddy tint which it gives to the complexion. To seclude a person from it, invariably causes paleness.

Frequent changes from the atmosphere of one place to that of another, have a marked

influence upon the color of the face. It has long been observed, that no class of men in England have a more fresh, healthy appearance than the stage-coachmen, who are constantly passing from one part of the country to another, and no doubt this depends in a great degree, upon frequent changes of air.

Fresh air has a powerful operation upon the skin, increasing the circulation of the blood, in its minute vessels, and giving it that vermilion hue so necessary to beauty, and so indicative of good health.

There is evidently a difference in the air in this respect, at different periods within the twenty-four hours. Early in the morning, it possesses a degree of purity and freshness that is very perceptible. A morning's walk for this reason, gives a brighter color to the cheek than at any other time through the day; hence the propriety of those who wish to look blooming being out early, and borrowing their rouge from Dame Nature herself. Certain it is, if this opportunity be lost by indulgence in bed, the looks will very soon show it.

In no other country do females fade at so early an age as in ours, and no where do they shut themselves up more the moment they are married. In their anxiety to be-

come domestic, they forget the injury they are doing to themselves and offspring, and waste within doors that health and strength which are indispensable to a proper discharge of the duties of a mother. They evidently dread being seen too often abroad, lest they should be suspected of neglecting their families, and they measure the extent to which they discharge their duties by the number of days or weeks since they have been from home. Now this is not as it should be.—The greatest benefit a mother can confer on her children, is a good constitution, and she cannot impart to them what she does not possess herself; of course her first duty is to preserve her own health, which she cannot do in the confined air of two or three apartments, and her example should teach them the great importance of daily going abroad, as a means of preserving both health and beauty.

CHAPTER IV.

DANGERS OF TOO EARLY INTRODUCTION TO SOCIETY.

GIRLS ADMITTED INTO SOCIETY AT AN EARLY PERIOD IN AMERICA—STATE OF THEIR SYSTEM, AND EFFECTS OF IMMODERATE MENTAL EXCITEMENT—SKETCH OF EARLY LIFE—CRUELTY OF ABRIDGING ITS PLEASURES—WINTER AMUSEMENTS—THEIR EFFECTS—CASE OF MISS K——.

It is a fact well known I believe to most persons of tolerable information, that females are sooner introduced to society, and contract earlier marriages in America than in most other equally civilized countries. At fifteen and sixteen they are often initiated into all the mysteries of fashionable life. At eighteen are belles, if ever ; and begin to look forward with gloomy bodings of single blessedness, if not married by twenty.

I need not mention that in France, Spain, and Italy, the daughters of respectable persons very commonly remain in a convent prosecuting their studies till eighteen or nineteen ; and in England, the period of entering the gay world is seldom much before twenty. Why it is they are considered women with us so much sooner than abroad, is not my

business to determine. But I shall attempt to point out to you some of its consequences, at least as they have appeared to me, and submit it to your good sense to decide whether I am correct or not.

You must be aware that from the age of fourteen to eighteen, is one of the most important periods in the life of the female. The different parts of the body, as well as the mental faculties, are then rapidly developing themselves, and the nervous system shows a greater degree of sensitiveness and irritability than at almost any other age. The feelings are then easily wrought upon—the passions readily excited—and the whole system, both of body and mind, bespeaks the great change which is taking place from childhood to maturity. At such a period, common sense would teach us the propriety of carefully protecting the health from every exposure, and above all things avoiding immoderate mental excitement. I do not say the seclusion of a nunnery is necessary, but I would insist upon the most perfect regularity of habits, and entire seclusion from every scene of gaiety and dissipation. The innocent pleasures of their own fire-side, under the watchful eye of a prudent mother, are alone befitting such an age.

Examine for a moment the consequences

of a premature introduction of these susceptible beings to society. In the first place, bad hours, the noxious atmosphere of crowded apartments, and the immoderate mental excitement which is produced, are amply sufficient, if often indulged in, to impair the firmest health. Then what must be their influence upon constitutions yet in a forming state, and upon passions and faculties of the mind just opening into existence? I would particularly direct your attention to immoderate mental excitement. I refer to its physical, and not to its moral effects.

Have you not seen your children lose their appetite, when awaiting the moment of some anticipated pleasure, and rise pale and languid after passing a sleepless night, preceeding a promised holiday? These are but simple instances; yet they show the operation of the mind upon the body, and believe me, the excitement which a tender girl at sixteen experiences in preparing for a fashionable party, in entering the brilliant circle, in receiving the bows and smiles, and listening to the compliments of admirers, in treading the mazy dance, while the eyes of the crowd are fixed upon her; in fact, in all she says or does, must have the most injurious effect upon her sensitive frame, and if too often repeated, infallibly produce that

nervous irritability and weakness of the whole system, so incompatible with health, and so strongly characteristic of an immense proportion of our fashionable women.

Sure I am that no mothers love their children more fondly, more dotingly, than those of my country, and I am equally sure, that if they suspected even half of the danger and suffering to which they expose their daughters by a premature introduction to society, they would cheerfully sacrifice their own pleasure for their good, and in the calm retirement of domestic privacy, make it their great study to give strength and energy to their bodies and minds, and thus fit them for the important parts they have to perform amid the trying realities of life.

When a young lady once commences the fashionable career, she commonly makes no farther progress in those studies which are deemed necessary to fit her for society ; and I appeal to your decision, whether a girl at sixteen has usually acquired all that it is desirable for her to know. The moment she is admitted to society, her head is filled with a thousand things no way connected with the improvement of her mind ; new ideas, new hopes, and new desires to attract attention, now take the lead ; new passions are awakened, vanity, envy, and an immoderate

ambition to outshine others, are the natural consequences ; for the mind cannot yet have acquired strength sufficient to rise above all these childish emotions, and the nervous system, far from having acquired its full tone, necessarily suffers,—yes, sustains irreparable injury, from the impulse of passions prematurely called forth.

A healthy body is necessary to a sound mind, and a mind properly disciplined undoubtedly has an invigorating effect upon the body ; and further, we know that a disordered mind soon disorders the body, and disorders of the body as soon deranges the mind. Of course, immoderate mental excitement must injure the health, and then the mind must in its turn be the sufferer.

The plan of pushing children forward in the world at an early period, is both unnatural and unkind. Look at them while they are yet in the nursery, in all the mirthful innocence of the spring time of their existence, frolicsome as the tender lamb, and just as thoughtless of to-morrow's cares. The heart o'erflows with gladness—to them all nature seems to smile—the present is all joy, the future anticipated bliss—and the young imagination wrapt in enchanting dreams, has never once sketched the faintest shadow of life's cold realities. The feelings

are all tender, the sensibilities easily awakened, tears and smiles succeed each other like April's sun and showers, love holds unrivalled empire in the breast, and the dire train of dark unholy passions, as hatred, envy and jealousy, have scarcely yet had birth. Their hopes are bright, their friends sincere, their pleasures unalloyed, and withering disappointment that dries up the genial current of the blood, and palsies all the movements of the soul, is not so much as feared. The animal machine, fresh from the hand of Him who made it, most curious of all his works, now perfect in every part, moves on in matchless order if undisturbed by the officious arts of man. The appetite is keen, and gives a delicious relish to the simplest fare; the sleep like that of angels, if angels need repose; the limbs just strong for action, are only wearied by restraint; the heart beats light; the eye is clear; the ear acute, and all the movements of this wonderful frame are like the accordant vibrations of the well tuned harp. No lingering pains harass the nerves; no chronic maladies tease the half worn out organs; nor black despair, nor death-wooing melancholy brood o'er the distempered brain. But joy succeeds to joy in swift progression, and pleasures once grown tame quickly give

place to those more fresh and fair. Say, would you abridge this blissful period, would you strike off a single year, or month, or day, or yet an hour from life's only truly happy stage? Why then so soon compel those lovely images of yourself to quit their childish sports, their guileless joys, for the less pleasing scenes of formal womanhood? Believe me, their merry dreams will soon enough be broken; yes, soon enough they will feel the pains and cares with which the world is filled. Let them dream on then while the bright vision lasts, until the youthful mind gets strength by age, to bear the ills to which mortality is heir. Do you love them? I know you do. Would you save them from every pain, that can be avoided? I know you would. Let them be children then, while childhood lasts. Rob them not of the little pleasure this life affords, nor prematurely let them feel its countless woes. To take them from the nursery to the drawing room at fifteen; expose them at sixteen to the fawning lover's breath, that turns their brain, destroys their health in anxious flutterings, and makes them old before their time, and wed them at eighteen, to load them with a mother's cares, when they should yet be in girlish loveliness, strangers to the fire of love, is to rob them of

years of innocent enjoyment, to shorten the brief span of human happiness, and often to sacrifice health and length of days to the absurd, yes, barbarous custom of the day, or to a mother's vanity in exhibiting a daughter's precocity to the gazing world? Is this highly wrought? Does it border on extravagance? I leave it to your own observation and good sense to decide.

Perhaps there is no step a man can take more likely to displease his friends than that of condemning their social amusements. Most persons will admit that drunkenness will destroy the health, and gambling ruin the estate ; but when you attempt to dissuade them from amusements which they deem innocent, you are interfering with what relates to their happiness, and are apt to draw upon yourself the epithet of Cynic. Before, therefore, I go further, let me disclaim all wish to diminish the social amusements of any one, to mar a single moment that is devoted to rational pleasure, or to pluck a solitary garland from the brow of happiness—for heaven knows there is enough of sorrow and care in this life, and the means of beguiling them are few enough.

Rational amusements are conducive to the health of both body and mind. They refresh the weary frame, calm the ruffled

passions, and make us more contented with ourselves, and better satisfied with those around us. To enjoy the society of our friends may be counted one of the greatest blessings of life, and he who cannot participate in it, must be set down as one of the most unfortunate of his species. But when dissipation takes the place of reasonable indulgence, the scene is changed, and both body and mind must suffer.

In most of our large towns, the commencement of winter is the beginning of the season of gaiety; and for several months, parties, balls and assemblies, constitute the grand business of an immense proportion of our fashionable females. To mention how much time is spent with the mantua-maker, how much is taken up in making arrangements, and how much is devoted to recounting all that has occurred, would be to tell you what you already know; but I will endeavor to point out the effects of all this upon your daughters, which may have escaped your notice, and from which, perhaps, you may draw a useful lesson.

In the fall, when you return from the country, observe the appearance of these blooming girls, of whom I say, without flattery, you have reason to be proud; mark the rosy cheeks, the sparkling eyes, the exu-

berant spirits, the ease and sprightliness of all their movements, the fine appetite, and the plumpness and activity of health. The first invitation which they receive to a large party, puts them upon the tiptoe of expectation. For several days all is bustle and preparation. Nothing is thought of but the dress that shall be worn, and the pleasures which will be realized. The meals are almost forgotten, and the nights are sleepless. At length the evening arrives, and they are dressed, and so dressed—pardon me if I say it—as effectually to prevent the natural respiration, for comfort at such a time must not for a moment be placed in competition with appearance. They enter the fashionable crowd; dancing and heated apartments give a fresher bloom to their cheeks, and augment the already immoderate mental excitement. At midnight, the supper table makes its appearance, and oysters, blanc mange, and jellies are followed by nuts, dried fruits, and wine, or a tolerable allowance of ice cream. These things are eaten, but not digested—for mental excitement in a great measure suspends the digestion; and after breathing an atmosphere polluted by breaths and lamp smoke till 2 o'clock, they return home. They retire to their beds, but do they

sleep? No! The remainder of the night is spent in restless tossing from side to side, and when they appear in the morning, they are rather dull—have a slight head-ach—are a little pale—have no appetite for breakfast, and are really, to use a common expression, good for nothing all day. Now it requires no great penetration to discover that the last night's amusement has not been conducive to health, to say the least; and I think I shall not be charged with exaggeration if I assert that commonly two or three days are required to do away entirely its effects.

But let us go on. They shall attend one party a week through the winter, (and I believe that would not be called extravagant, for a lady told me not long since, that she had attended five in eight days;) and when the spring arrives, compare your daughters with what they were last fall. You find them paler and thinner, and their appetites bad. Is this owing to the cold weather? It is exactly the season that people who are not in fashionable life have the best appetite, and acquire flesh and color. They are languid—their hands tremble, and their hearts palpitate from the smallest exertion. They are disposed to keep about the fire, and shiver from the smallest exposure to cold air. Their spirits are low, and they are inclined

to be fretful, and your physician will tell you that their pulse is quick and weak, their tongue slightly coated, and the feeling of the skin unnatural. Their systems are now, in fact, in that weak and irritable state, in which almost any disease may be produced from very slight causes.

Here then, we have the physical effects of a winter's dissipation. The city is next condemned as an unhealthy place—the atmosphere pronounced to be actually noxious, and nothing is heard of but the preparation for escape to the country. I need not ask you whether you think New York less healthy from November to June than the country, but I will unhesitatingly say, I believe it is not. During the hot months, the air is contaminated by a vast variety of causes, but during the winter, it appears to me as wholesome as any village in the interior.

But to return to our subject. Your daughters hurry off to Catskill Mountains, Saratoga Springs and the Falls, as soon as the roads are good, and spend the summer in travelling from place to place, admiring the works of nature, and engaging in rural amusements, the great object being to repair the injury their health has sustained during the winter. But during this period is any attention paid to cultivating the mind by study?

Oh no!—there is no time for that; so it may justly be said, that both summer and winter are spent in dissipation. The latter most injurious to the health, but both operating unfavorably upon the mind. Is it any wonder, that a young lady at twenty, who has passed her last four years as I have described, should be incapable of conversing about any thing else than the latest fashions, the last novel, the *bloods* she has seen at the Springs, Mrs. ——'s squeeze, &c.; or be only fit for the society of the insipid coxcomb, whose head is as empty as her own? In the fall she returns to the city with renewed health, and after another winter's gaiety, is in a condition to be benefitted by another excursion to the country.

Now I wish you to answer me this one question candidly:—Do you believe this kind of life calculated to make good constitutions? Can you for a moment suppose that a jaunt during the warm months will entirely remove the pernicious effects of dissipation during the cold ones? Though it appears to, let me assure you it is far from doing it. It may, indeed, postpone the injurious tendency, but after a few years, it loses in a great measure its marked effects, and then you will see your children what thousands around them are—weak, nervous,

dyspeptic women, but illy calculated to perform the active duties of a wife, or the more arduous ones of a mother. Look at their emaciated forms, their faded complexions, their bad teeth, and their feeble, listless motions, and tell me, yes, as their mother tell me, who has brought upon them this premature decay; who but that being, who, above all others, should have guided them through the years of thoughtlessness and inexperience, and have led them by precept and example in that path which alone can ensure entire health and happiness.

Call me not visionary, or attempt to meet me with the stale excuses of "being in the world," and the necessity of "doing as others do;" these will never satisfy the upbraidings of nature, when the picture I have drawn shall be placed before you in reality, and you are made wretched yourself after having rendered those who should be dearer to you than life, unspeakably so.

In the spring of 18—, Miss K. came from — to — for the improvement of her health, in the family of her uncle. She was about twenty, rather tall, but finely formed, and very graceful in her manners. She had large, expressive black eyes, a profusion of jet black hair, and what may be called a clear brunette complexion.

I mention her hair and eyes in particular, for when she first arrived, the contrast between them, and her perfectly colorless face and neck, was very striking ; and taken together with her exceedingly emaciated form, gave her an expression that was singularly interesting. I say singularly interesting—for I would have defied the most careless observer to have barely seen her for a moment, without a strong inclination to enquire who she was, where she was from, and what was the matter with her.

The cause of her bad health may be told in a few words. She had lived too fashionably. During the past winter, she had commonly spent two or three nights each week at a party, or at the theatre, had risen late, taken strong coffee for her breakfast, lunched at one on a piece of cake and a glass of wine, dined at three on all the dainties of the season, supper at ten or eleven, and devoted all her evenings to amusement at home or abroad.

She was now weak and nervous, and her spirits depressed ; was more or less feverish a great part of the time, had constant headaches, and hysterical attacks from the most trifling causes, slept badly at night, and was heavy and languid throughout the day.

Her aunt, who was a very sensible and discreet woman, was requested to indulge her in every thing at first, but gradually to break in upon all her bad habits. For a time, she did very much as she had been accustomed to do at home, with the exception of eating suppers. But she gradually came down to a simple breakfast and plain dinner, and the lunch of cake and wine was supplied by a roasted apple. She went to bed in season, and rose early in the morning, and by fall, she could breakfast, dine and sup on bread and milk and baked apples, had forgot all her complaints, and had acquired many pounds of flesh; and when she came in from a long stroll across the fields, blooming with health, and in exuberant spirits, you would little suspect that she was the tall, pale, languid girl, who four or five months before had so forcibly attracted your attention, and awakened your sympathy.

She remained some time longer with her uncle, and had so won the hearts of all who knew her, and became so attached to the spot which had restored her health, that she received the summons of her parents to return home, with a flood of tears.

As her health was now excellent, she entered into all the gaities of the town with

a high relish, and returned to her former course of life again.

About a year after she left the country, her uncle visited —— on business, and was shocked to find her health rapidly declining again. She wept like a child when she saw him, and expressed the greatest desire to accompany him home; but a variety of domestic circumstances prevented this measure for a time, and when it was possible for her to leave town, her physicians declared that she was too weak to travel. Disease of the lungs had evidently taken place, and she speedily sunk into an untimely grave.

Who can contemplate a scene of this sort without shedding a tear over misguided youth, or witness the agony of the bereaved parents, without recollecting that their sacrifices to the Juggernaut of fashion and mistaken indulgence, has brought bitterness and desolation to their own souls, and blotted from the page of human existence, the name of one of the fairest of nature's works. The error may be seen when it is, alas, too late, but it should be an awful monition to others.

CHAPTER V.

DRESS.

IMPORTANCE OF THE SUBJECT—FEMALE FORM AND FASHIONABLE FIGURES—PHENOMENA OF RESPIRATION—EFFECTS OF TIGHT CLOTHES—DIAGRAMS OF THE CHEST, AND EXPLANATION OF THE PROCESS OF BREATHING—NARROWING OF THE CHEST—QUOTATION FROM DR. GODMAN—EFFECTS OF PRESSURE UPON THE MUSCLES OF THE BACK—OPINIONS OF MESSRS. SHAW AND BAMPFIELD—COMMON EXCUSE FOR WEARING STAYS—SINGULAR CASE AT THE HOTEL DIEU—THE FASHIONABLE WAIST—EXPOSURE OF THE NECK AND UPPER PART OF THE CHEST—COVERING FOR THE FEET—THE DAMP STOCKINGS—LA PETITE PARISIENNE.

I AM thoroughly convinced that no one subject relating to young females is of more importance than that of dress. For regulated as it is by the fashions of the day, (which are often at variance with strict prudence,) it is constantly undergoing a revolution which may be uncomfortable, or even dangerous, if followed out in all their extravagances. Among the many improprieties which might be noticed under this head, that of confining the movements of the chest by what is termed tight lacing, deserves your most serious

attention, as it is unquestionably a cause of more female suffering than can possibly be conceived by any but those who have daily opportunity of witnessing its effects. And here let me disclaim all wish to join in the popular hue and cry against corsets, merely because it has become fashionable with some to denounce them, or to dissuade from due attention to personal appearance.

No one admires the symmetry of a well formed woman more than I do ; nor would I wish to see our females undervalue graceful proportions. The human form possesses beauties as captivating to the beholder as the features of the face, and much, very much can be done, while it is being developed, to increase its perfectness. Of course, it is a matter that should deeply interest at least every mother.

When I speak of graceful proportions, I mean those which nature gives to the most perfect of her works, when uninterrupted by the officiousness of man, or early habits. Look at the best representations of that inimitable copy of a perfect female form, the Venus de Medicis, which, though they give you but a faint representation of that matchless statue, (with the enchanting loveliness of which the eye never becomes satiated,) will enable you to form

an idea of its outline. Compare the shoulders, waist, and hips, with what you too often meet in Broadway, and other fashionable places, and tell me if there is no gross inconsistency in joining the upper and lower parts of the body by an isthmus, that bears no faint resemblance to that of the wasp? Do you look with disgust upon a distorted limb, or the bulging head of a rickety child, and can you bestow even a smile upon these would-be monstrocities? What if the neck could be contracted by some process to the size of the wrist—would not the sight of it shock you? And yet you daily see the waist greatly narrowed, and the disproportion increased by the clothing with unconcern. Such is the force of habit, and the tyranny of fashion.

Without longer discussing the question of correct taste, I will endeavor to explain to you some of the inevitable effects of dressing too tightly. In the first place, I beg you to place before you one of your young children, with the upper parts of the body uncovered, and carefully attend to the following phenomena: When the breathing is deep and full, the chest is expanded, and rises, and the stomach is protruded during inspiration, while the chest falls and contracts, and the stomach recedes during ex-

piration. Now what must be the effect of preventing these movements of the chest and stomach by means of a tight bandage? Why the lungs can be distended no longer with air, the breathing becomes hurried by the least exertion, the natural functions of the organs occupying the interior of the body, are hindered, and the free circulation of the blood impeded, constituting, all together, ample causes of disease.

When the chest is scientifically laced as tight as can be borne, it often causes the blood to rush to the face, neck, and arms, on taking exercise or remaining in a heated room. I have often seen young ladies at parties with these parts so suffused with blood from this cause, that they had much of the appearance of a washer-woman actively engaged over a tub of hot suds.

Another visible effect of too tight dressing, is the heaving of the bosom, like the panting of a dying bird, from the least exertion. Indeed, I have repeatedly been almost in an agony to see young ladies who were dressed too tightly, attempt to sing, for singing requires full inspirations, which they are entirely unable to take. If they experience half of the inconvenience at such times from their clothing which they appear to, it must be intolerable. Oh! thou tyrant

fashion ! to what tortures are thy slaves subjected ! More slow than the Russian knaut, or the infernal engines of the bloody Inquisition—but equally dreadful in their effects. The latter are comparatively but momentary, and may soon be unheeded by the senseless victim ; but when the former have been borne for years, they give place to diseases which prey with insatiate violence upon the acutely sensitive frame, and delight in protracting human suffering till the last fibre has been broken. Perhaps a flame is kindled in the lungs that gradually consumes the vital principle. Perhaps disease of the heart is destined to wear out the wretched sufferer with horrid palpitations and hourly expectation of sudden dissolution—or perhaps the thousand maladies that affect the nerves are commissioned to keep poor nature upon the rack, till she sinks exhausted by pains no medicines can cure, no sympathy assuage. The scourge, and mortifying abstinence of Romish zeal are contemplated with disgust, and the bloody hooks, the wheels of Juggernaut, and the blazing pile of Hindoo fanaticism fill the soul with horror. Yet how many are immolated at the shrine of fashion ! How many voluntarily suffer tortures more severe than

any ever imposed upon the devotees of a heathen deity !

But I will examine the subject of tight lacing a little more in detail, and in order to make you fully acquainted with its effects, shall endeavor to give you a more perfect idea of the conformation of the chest, by means of diagrams ; for it is desirable that the correctness of my remarks should be made evident, if possible, to the senses.

Fig. 1.

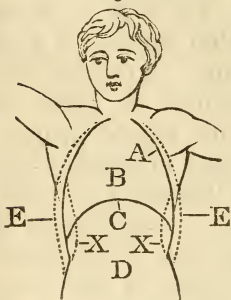


Fig. 2.

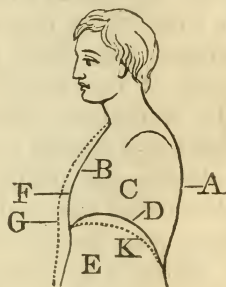


Fig. 1st represents a lateral section of the chest.

A The sides of the chest (formed by the ribs,) contracted as during expiration.

B Cavity of the chest which contains the lungs, heart, and large blood-vessels.

C The diaphragm or partition which divides the chest from the abdomen D, in

which are contained the stomach, liver, bowels, &c.

E E Dotted lines, showing the distance to which the walls of the chest A are expanded in inspiration.

Fig. 2d, is a side view of the chest.

A The spine, or back bone.

B The breast bone.

C The cavity of the chest.

D The Diaphragm.

E The cavity of the abdomen.

F State of the chest during expiration.

G Its state during inspiration.

The ribs, as you well know, are long, slender bones, which form the lateral walls of the chest. They have one end fastened by a joint to the spine, and as they are not long enough to reach from the spine to the breast bone, they are eked out by pieces of elastic gristle, of the size and shape of the ribs, called cartilages, which easily bend and allow the ribs to move up and down in breathing.

There arise from the ribs and breast bone, a great many strips of flesh called muscles, which are fastened at the other end to the shoulders and upper part of the spine and head, and by contracting, draw the ribs upward, which expands the chest. This takes place every time we draw in our breath.

At the same instant that the ribs are drawn up, the muscles of the diaphragm contract, which draws it straighter, or more flat; of course its arch descends, and then it describes the line K, fig. 2d. This forces the stomach forward as shown by the dotted line, G, and renders the cavity of the chest deeper.

Now, the lungs are quiescent spongy bodies, which receive the air, when the chest is enlarged by the muscles as described—for the fresh air rushes in to prevent the vacuum which would be otherwise formed in exactly the same simple manner that it is drawn in by a pair of bellows, so that the lungs have nothing to do with drawing in or expelling the air, as is commonly supposed; but it rushes in mechanically, through the nostrils and breath pipe, as I said, to prevent a vacuum whenever the cavity of the chest is enlarged. It is forced out in the following manner:—You see by fig. 2, that the descent of the diaphragm, when we take a full breath, forces the stomach forward to G, and as all the fore part of the trunk of the body below the breast bone and ribs, is composed of large strong muscles, they are consequently put upon the stretch. They are thus excited to contract at the same moment that the diaphragm and muscles

which draw up the ribs, become relaxed, and thus force back the stomach, carrying the diaphragm up again to D, and pulling down the ribs to F. This, consequently diminishes the cavity of the chest, and forces the air out again, which, in fact, is what we term expiration. Thus, you see, when one set of muscles contract, the chest is enlarged and the air rushes in; and when the other contracts, the chest is diminished, and the air forced out. Breathing, then, I repeat again, depends entirely upon the muscles.

I feel particularly anxious that you should give attention to this explanation of the process of breathing, that you may fully understand the force of my remarks on dress, and not be governed by my assertions without sufficient evidence of their truth, for I know that if you are once entirely convinced of a fact, your own good sense will suggest the proper conclusions to be drawn from it.

Dr. Herbert, of Gottengen, has ascertained by some interesting experiments, that a person can inhale nearly twice as much air when undressed, as when dressed tightly.

Now, suppose that, by regular tight dressing from the age of ten years, the chest can be contracted to the dotted lines X X, fig. 1st, (which can be easily accomplished at this early period, and without perhaps

any very great suffering,) what must be the effect upon the organs contained in the cavities B and D, fig. 1st. No great penetration is necessary to discover that it must be highly injurious. I said that the chest could be easily narrowed to the extent above alluded to, while the person is still growing, and perhaps without any very great immediate suffering, for nature will often permit herself to be most impiously outraged for a time, though she is sure to take vengeance in the end, and when her indignation is once roused, she is implacable and remorseless. Thus the consequences of an early fault, are sometimes not perceived till many years after.

You are already well aware of the absolute necessity of a proper supply of air being received into the lungs in order to maintain health, and I have attempted to explain to you how this supply is taken in, entirely by the power of the muscles of respiration. You will, therefore, immediately perceive the consequences of a material diminution or loss of power in any of these important agents.

The strength and motions of the limbs depend upon their muscles, and the muscles require constant employment in order to retain their full force.

When we apply bandages to a limb, and for a considerable time restrain, or altogether hinder the action of the muscles, we find when the bandages are removed, that the limb has lost a great deal of its strength and activity. But if the bandages are continued beyond a certain time, the muscles will not only be found to have lost strength, but to be actually greatly diminished in size. Indeed, they may be wasted in this way to mere strips of flesh, that have little or no contractility whatever.

In like manner the muscles of respiration, by being long compressed and restrained in their action by well adjusted stays, become so debilitated and wasted as to perform their office but feebly, and some of them may even cease to do so altogether. The consequences are, first, weak respiration, breathlessness from trifling exercises, fainting fits, palpitations, &c. and those diseases whose course is indescribable suffering, and whose certain termination is the grave.

It is not possible to give a more just delineation of the effects of tight lacing than has been given by that accomplished anatomist, the lamented Dr. Godman, and I hope you will excuse a long quotation from his writings on this interesting subject.

“As all the parts described (those con-

cerned in forming and filling up the chest,) are flexible and moveable from their peculiar nature and construction, it is obvious that the first effect of any tightness or constriction will be to impede their proper motions, and thrust them out of their natural position. Thus, the corset being laced tightest at the part of the chest having the shortest ribs, the longest and most flexible cartilages, and the most extensive motion, produces narrowing of the chest, renders its free movements impossible, and permanently deforms it, by doubling the cartilages inward, near their juncture with the breast bone."

"As if this mischief was not great enough, another instrument of torture is added in the form of a steel or hickory *busk*, which is pushed into its sheath in the already too tight corset, immediately over, and extending along the whole length of the breast bone. This busk is to keep the body from bending forward in the centre, and to prevent the dress and corset from 'hooping up,' as it is called. As the body cannot possibly be prevented from leaning forward to a certain degree, the consequence is, that the whole weight of the superior part is sustained upon the lower part of the breast bone, which leans directly against the busk,

at a point where it is least supported by the attachment of the cartilages of the ribs. The point thus injuriously pressed upon is nearly opposite the lesser end of the stomach, and most of those who habitually lace tight, have a depression here which would contain the size of half an egg. Either a constant feeling of aching and soreness is experienced at this point, or when the busk is taken out it is so severe and painful, that the individual cannot bear the slightest pressure without an exclamation of distress."

"We have then among the first effects of tight lacing and pressure of the busk, impairment of motion, and deformity of the chest, accompanied by a constant soreness and irritation over the stomach, whose undisturbed action is one of the greatest essentials to health. If this was the sum of the evil, we might regard it as tolerable, being apparently external. But when the lower part of the chest is compressed, the liver is by the same force squeezed upwards and inwards, and being a large and solid body, it pushes before it the diaphragm, and forcibly prevents its descent in the act of breathing, while on the other side, the spleen and stomach are forced upwards, producing a similar effect upon the diaphragm, and the func-

tions of all these organs, the liver, stomach, and spleen must be impaired in proportion to the pressure and displacement their delicate nerves and vessels suffer."

"In addition to these greater or more obvious injuries to the functions of individual organs, we may now add the evils caused to the great vital functions. The same pressure which forces the liver inwards and upwards by squeezing the texture of the organs together, prevents the free entrance of the blood into them, being thrust firmly back against the spine and lower part of the diaphragm, they compress the openings by which the blood passes to and from the heart through the great vein and artery."

"The consequence of this damming up the vital current, is the gradual development of irregularity of action in the heart, palpitations, tendency to faint, violent throbbings, and in some cases organic alterations in the heart itself. This same tightening of the lower part of the chest, and prevention of the enlargement of its cavity by stopping the descent of the diaphragm, acts with equal injury on the blood which should descend from the great veins of the head and arms to the heart at each breathing. The proper quantity of blood cannot be delivered therefrom for want of proper dilation of the

chest, and the individual is subject to violent headaches, dullness, low spirits, extreme paleness, or leaden hue of countenance."

" These readily observable consequences are but the commencement of ills from this source. The lungs being withheld from their proper action by not being sufficiently dilated, the air cannot get access to the blood, and the blood cannot receive that purification or elaboration which renders it fit to sustain the body in health. Its watery, carbonaceous, and other impurities are retained instead of being thrown off, and in place of a brilliant vermillion colored fluid being sent to the left side of the heart for the general system, it returns of a dark or bluish red, scarcely better than when it entered the lungs, and almost utterly unfit for any of the purposes of life."

" This condition if kept up is soon made sensible by defective energy in all parts of the body, by various local diseases and slight morbid changes sufficient to render life irksome. Cold extremities, pale visages, troubled sleep, excessive mobility of system, commonly called *nervousness*, evinced by great agitation from any inadequate causes, &c., are among the most general obvious consequences of such impairments of function."

“To say nothing further of the actual mischiefs which tight lacing produces, the influence it exerts on all the motions of the body, is entirely disadvantageous. Can any thing on earth be more ungraceful than the gait, the walk of a female who is extremely corseted? From the shoulders down as stiffly inflexible as the parlor tongs, she can only advance by a sidelong shuffle of the feet, which appear to get forward by stealth, instead of moving the body with that elastic mobility characteristic of its unrestrained natural condition. Instead of the easy, graceful inclination of a flexible form, we have an awkward, ungainly attempt to balance the body on the limbs, the shoulders stiffened backwards as if shackled with iron, the chest girded in till breath can scarcely be drawn, and the trunk of the body as rigid as if carved in wood—the figure looking like a caricature upon nature, ease and grace. When ladies in this trim enter a room, especially after walking, they can scarcely speak for several minutes, and their bosoms heave with an unnatural agitation. If the busk be of the *fashionable* length, it is impossible for them to sit comfortably in a chair; they must perch on its outer edge, to prevent the busk from being pushed towards the chin, &c. All this torture, uneasiness

and inconvenience is patiently endured ; and for what ? Because it is fashionable ! Grace, ease, elegance, and comfort, are alike immolated to this Moloch, who spares none who pretend to the rank of *fashionable*."

"In persons of a somewhat more robust frame, the use of tight corsets is followed by a very severe pain, which is experienced at the time of taking them off, and rather different in kind from what we have mentioned as occurring to delicate females. The pain in this case is caused by the return of the blood to the parts which have been violently compressed by the corsets, and enjoyed but a partial circulation while they were worn. It is exceedingly acute, and requires the corset to be very gradually loosened. Some idea of it may be formed by those who have occasionally taken off a very tight garter or other ligature which has been worn for some hours. We feel less commiseration for such sufferers, who have not the shadow of excuse which is offered by the delicate. They do not need support, and are merely solicitous to make a 'figure.'"

"Very probably it may be urged that the evils we have indicated are confined to a comparatively small number, and that a much greater proportion of females wear corsets without suffering these inconvenien-

ces or injuries. However true it may be that some persons use corsets with impunity, it does not in the least diminish the force of the well founded objections made to them in the preceding observations. It may be said with equal truth that numerous individuals use spiritous liquors or amuse themselves by occasional gaming without injury, but we know that the vast majority of mankind are but too prone to pass from the use to the abuse of both the latter, and as in the use of spiritous liquors the transition from the use to the abuse is frequently so gradual as to be nearly imperceptible, until the severest evils are produced, so it is most probable, especially in young persons, that the use of corsets and busk will speedily and imperceptibly advance to their abuse."

The next effect of a constant use of stiff stays worthy of your attention is that which they have upon the muscles of the back. I have explained to you how their pressure may impair the power of the muscles of respiration, and you will readily perceive that they must operate in the same way upon those of the back. Now the capability of maintaining ourselves in an erect position, depends upon the muscles which lie up and down the back, and which are every where attached to the bones of which the

spine is composed. If the muscles on one side become palsied, or in any way lose their power, the consequence is, that the muscles of the opposite side continuing to act, draw the trunk to that side, forming a curve, and if all the muscles are weakened, the person has more or less difficulty in supporting the body erect. When this is the case, permanent curvatures of the spine are very apt to take place.

I have heretofore intimated that the size and strength of the muscles depend upon the extent to which they are used. For instance, the right arm of a blacksmith is usually much larger and stronger than the left, because he is constantly swinging a heavy hammer with it, while the left is only employed in holding the iron on the anvil. The arms and shoulders of boatmen who are constantly at the oar are disproportionately large when compared with the lower extremities, and the legs of great walkers sometimes bear the same relation to their arms.

This points out the proper mode of restoring strength to any part, viz : by giving employment to its muscles ; and proves incontestibly that the rational means of preventing debility of any set of muscles, is to be found in free motion.

If you compress the muscles of the back,

and take from them the necessity of keeping the body erect by stiff stays, they will soon lose their power, and curvatures of the spine may ensue.

I cannot refrain from giving you some quotations in this place from the writings of a late eminent anatomist, Mr. Shaw, and from an Essay on curvatures of the spine, by Mr. Bampfield, for which he obtained the Fothergillian gold medal from the Medical Society of London.

“If we consider,” says Mr. Shaw, “the manner in which young ladies are brought up from the age of ten to sixteen, and keep this principle in view, we shall, perhaps, be able to discover the cause why they are more frequently deformed in a particular manner, than those of any other climate, or even than the poorer classes in their own country. As long as a child continues in a state of nature, that is, while it is permitted to run freely about, and before it arrives at that age when the parent is induced to pay particular attention to its figure, the form is fine and perfect; but about the age of nine or ten, what may often be truly called its miseries commence, education is seriously begun, and the girl is no longer permitted to indulge in that playfulness which is not objected to in boys. Indeed, it often hap-

pens, that the first lesson a young lady receives, is an admonition that she is not a boy. When she walks or when she sits, particular attention is paid to her manner, and the point most generally insisted on is, that she shall keep herself quite erect. For this purpose, or to give the chest a certain form, she is encased in a pair of stiff stays. Girls are thus early put under restraints not natural to their age. This, in some degree, renders them artificial, which is increased by the restrictions which are unavoidable in the acquirement of certain necessary accomplishments."

After some further remarks, he says—
 "Perhaps the reader is now prepared to admit the following view of causes of the common slight curvation when it occurs in a girl, who, although not of a bad constitution, is listless, easily fatigued, and unwilling to take active exercise. The first cause which I would assign, is the want of sufficient general exercise, and especially of that which acts more immediately on the muscles of the back; the second, on the almost necessary yielding of the lumber portion of the spine to the weight of the upper part of the body, if the girl be allowed to set at work or practice at the piano for hours, without any artificial support," (i.e. from a chair with a

back.) “The third cause I would name, is the habit of lounging, or balancing the body on one leg; the fourth, the habit of sitting awry while writing or drawing; the fifth, the habit of sleeping on a soft bed, and with a high pillow; the sixth, the more frequent use of the right than of the left arm; and, lastly, I would assign as a cause of curvation, *most of the attempts that are made to correct the figure, or to model it into a certain form.*”

Mr. Shaw expressly says of stays, that “the tighter they are, the more do they act as compressing bandages, which not only prevent the natural play of the muscles, and thus not only weaken them, but even waste and lessen their size. That such may be the effect of pressure is often seen in the wasted leg of the mendicant, which, through tight bandaging alone, can be reduced to that condition which excites our commiseration.”

The following are Mr. Bampffield’s opinions of the effects of the fashionable mode of educating females, upon the muscles of the back:—“Thus the spinal muscles of young females are doomed to inaction by the trunks of their bodies being imprisoned in stiff stays, or their movements abridged and confined by the use of collars, braces,

back boards, or by being stretched motionless on reclining boards or school room floors; or they are subjected to long continued exertion, and the use of one posture, which all our muscles abhor, and soon become weary of; by being placed in education chairs or stools, the long form of school rooms, or on the round stool, to practice for hours on the piano-forte or harp, with strict injunction to keep the body quite upright, and menaces of punishment if they stoop or bend in the least. But the muscles must sometimes obey divine instead of human laws, and when fatigued or weary in the erect posture, must gradually follow the Creator's law, and seek repose by allowing the body to sink into an inclination to one side or the other, and by laying the basis of lateral curvature, produce the reverse of what human wisdom intended." "Without digressing further, I would observe, instead of stiff stays, back boards, reclining boards, education chairs without backs, military marching, &c., let the boys and girls have no *clothes* or apparatus to limit their movements, and when weary, let them set down on chairs with proper backs, to support the spine, or lay down for rest, or, in fact, seek repose as they find most agreeable, when they are fatigued or can no longer maintain

an erect attitude conveniently. Let the girls have a *large field* or play ground. Let the boys also have the *range of the country* within the sound of the school bell. Let the girls engage in the games of battle-door and shuttlecock, skipping, dancing, and *all that they can play at.*"

I should have given some portions of the above quotations when speaking of female education, in a previous chapter, but I preferred giving them entire in this place.

The most common excuse which we hear urged by ladies for wearing stays, is, that they are weak, and cannot hold themselves erect without them, which is unquestionably the case. And do you know the real cause of this weakness? Why, it is the long use of the identical articles of dress which they employ to remedy it. It is, that their stays have deprived the muscles of their strength, as has been fully explained. Do you suppose that a healthy girl, brought up in the country, who has perhaps never seen a fashionable corset, feels this inability of holding herself erect? No, not in the least; and you will see her walk, ride, or sit with perfect ease, and with the body as upright as you could desire.

I am not arguing to induce you to lay aside your stays; your habits are formed,

and you have fortunately escaped the dangers of early life, and are now past the period most obnoxious to the diseases commonly produced by improprieties in dress of this sort. But you have daughters—I need say no more.

Perhaps you will ask me whether I would really advise you to allow your daughters to grow up without using any of the ordinary means for *improving* their *forms*; an act at once in direct violation of all modern customs and refined taste. Simply and plainly I answer—if you would have them healthy, and capable of fulfilling the great objects of their existence, the companions of your life, and the solace and support of your declining years, leave them exactly as the God of nature made them. Rely upon it, He “never made his works” (and above all, the most beautiful and lovely of all his earthly works,) “for man to mend.”

If you allow them while young to wear corsets, and their heads to be filled with the absurd notions of “slender waists,” and “pretty forms,” you may be sure they will make a bad use of them. You know they have little or no discretion, and though you may tell them a thousand times not to lace themselves too tight, depend upon it, nine times out of ten they will do so, and that,

perhaps, without the least intention of disobeying you.

It is easier to avoid temptation than to resist it. If you would keep your son from drunkenness, never set spirits before him; and if you would hinder your daughter from marring the fair form which her Creator has given her, and drawing down His just judgments, see that she has not the means of doing so from your hands, and early teach her the danger, impropriety, and I will add impiety of such conduct.

Cases are frequently occurring which show the dreadful effects of too tight lacing. Not long since a girl of eighteen was under the care of M. Breschet, at the Hotel Dieu, at Paris, who had on the right side of her throat a tumor, which at times was nearly as large as one's fist. It reached from the collar bone high up the neck, and could be entirely pushed into the chest. It was soft and elastic, and largest when the chest was tightly laced in corsets. By applying the ear to it, respiration could be distinctly heard in it, and it proved to be a portion of the lungs, which, by being powerfully compressed, had forced its way from the chest up into the neck.

How this unfortunate being could have endured the lacing which thus forced a pas-

sage for the lungs through the upper part of the chest, can scarcely be conceived by those who know nothing of the all-powerful influence of fashion. That her delicate frame could have so long withstood such violence, proves how much nature will sometimes sustain.

One morning in the spring of 182—, Mr. E——, whom I had occasionally seen, called on me, accompanied by a young lady, whose personal appearance immediately arrested my attention. Her features were regular, her complexion fair, and her figure what the fashionable world would term exquisitely beautiful. She appeared to be about two or three-and-twenty, and notwithstanding a considerable emaciation, a pearly whiteness of the eye, and an unnatural transparency of the skin, would have been pronounced by most judges a fine looking woman. Mr. E—— introduced her as his daughter, Mrs. C——, and added, we have come to consult you about her health. A flush suffused her cheeks as he pronounced the last words, and she appeared a little agitated, probably on account of consulting a stranger. I begged them to be seated and spoke of the fineness of the morning, and other common topics, in order to place her at her ease, and to give myself an op-

portunity of examining her appearance a little more at leisure.

This you will probably suppose arose from the same curiosity with which men in general notice the exterior of an interesting female ; but my motive was entirely professional. It was to study her countenance, and mark any peculiar expression, to observe her breathing, her attitude, and many other apparently trifling circumstances from which the practised eye is often enabled to draw much valuable information.

She conversed with ease, and her manners were graceful and pleasing, and she soon lost the slight perturbation which our first meeting had occasioned. She did not cough, nor was her breathing perceptibly affected, and yet the appearance of her eyes and skin, and the color of her cheek, which many would have mistaken for the carmine of health, plainly told that the destroying worm was already reveling at her vitals.

I now made the necessary inquiries respecting her health, and the account she gave of herself fully confirmed the opinion I had at first formed. She spoke of having suffered much from mental anxiety, and said something about domestic troubles, which of course I did not comprehend, and did not feel myself at liberty to enquire into at that time

I advised such remedies as I thought applicable to her case, and promised to see her again soon, but her person, her manners, and the ease and propriety of her conversation, interested me so much, that I determined, when they had left me, to embrace the first opportunity of learning more about her, and soon after obtained her history in full from an acquaintance. It was simply this :

Her parents were of humble origin, and had commenced the world without education, and pennyless. By industry and good management, they had acquired sufficient property to render them quite independent, and were desirous that their children should have advantages which they themselves had never enjoyed.

My patient had grown up a beautiful girl, and was tolerably educated, at least so far as it related to the instructions she had derived from different teachers, and possessing a pleasing address, had excited very general admiration in the circle in which she moved. She was exceedingly fond of dress, and not having the advantage of a well-informed and careful mother, was left in this respect entirely to her own discretion, or perhaps, more properly speaking, to her own indiscretion.

From an early period she had paid great

attention to improving the delicacy of her form, and employed all the usual methods of diminishing the size of the waist. By a regular system of tight dressing, she had indeed wonderfully succeeded in this respect, but the sculptor or painter would not have admired her proportions. Even those who cannot boast of the artist's discernment, but who are not blinded by the false lustre of fashion, would immediately have discovered a want of symmetry in the shoulders, waist, and hips, though the first and last were certainly sufficiently delicate.

From the age of sixteen she was quite the belle, and had a great number of suitors, among whom were several young men of highly respectable families; but she did not bestow herself upon any one till between nineteen and twenty, when she became acquainted with a dashing young fellow of rather profligate habits, but pleasing exterior, to whom she was married after a very short courtship, and soon removed with him to a neighboring town where he resided.

Her husband, as I have intimated, was a man of loose morals, not in the least degree susceptible of fine feelings, or capable of forming a delicate attachment. He had married her for her personal charms alone, with little or no attention to her mental qual-

ifications ; of course, after the novelty had ceased, was just as likely to be displeased as pleased with her, to say the least.

He possessed but limited means for indulging her fondness for dress and fashionable life, which, to her, was soon a cause of complaint : and not long after their marriage, he began to exhibit his real character ; first, by inattention, and then by unkindness. The consequences may be anticipated. A woman who had always been accustomed to indulgence and caresses would not tamely brook such a change of conduct ; and not possessing herself those mild and amiable virtues, which would lead her to yield and conciliate when she could not govern, dissensions and broils soon took place, and increased so much in frequency and violence, that at the end of two years she was one of the most unhappy beings in existence.

She found herself tied to a man she did not love, and by whom she was not loved ; and instead of endeavoring to make the best of a bad bargain, she gave herself up to the extravagance of her undisciplined passions ; passing alternately from taunts and reproaches to lamentations and tears.

Her health now began to fail, and her

father seeing no prospect of a favorable change in her situation, determined to take her home again.

As she had no children to hinder this arrangement, and her husband did not oppose it, it took place immediately, and soon after her arrival, I was consulted as before-mentioned.

The change in her condition—the absence of the causes of anxiety, and chagrin from which she had suffered, and the affectionate assiduities of her family produced for a time a considerable abatement of her complaints, and her friends flattered themselves that she would be entirely restored. But they were ere long to be undeceived, for her disease had taken too deep root ever to be removed.

For several months she continued able to ride about; but at length her cough assumed a more serious aspect—her strength wasted, and she was constrained to confine herself to her room. My daily attendance was now required, and I had a more full opportunity of becoming acquainted with the extent of her malady, and observing the character of her mind.

She was really a spoiled child, and incapable of controlling her passions. She was naturally not unamiable, but her temper

was not at all improved by education, and had been soured by constant vexations since her marriage ; yet she bore her bad health with more patience than might have been expected, and usually appeared cheerful and sanguine of an entire recovery. As is common with lingering complaints, she was alternately better and worse ; and though she was perceptibly declining, her hopes always brightened with the least alleviation of her sufferings, and were not materially abated by any little aggravation of them. If comfortable to day, she would talk of being well ; and if more ill than yesterday, she was sure of being better to-morrow. Yet copious expectorations indicated the progress of the destructive process in the lungs, and a peculiar irritability of the stomach afforded grounds for suspicion that that organ also was implicated in diseased action.

She was still able to sit up a considerable portion of the day, when I was taken very ill, and confined to my room for several weeks. During this time, she was attended by my friend, Dr. ———. Her father called occasionally to inform me that she was gradually sinking, that she had become much alarmed at her condition, and was exceedingly anxious to see me, still confi-

dent that she should be benefitted by my prescriptions.

As soon as my strength would permit, I visited her ; but alas, how changed ! She was literally reduced to a skeleton, and her features were those of death itself, with the exception of her eye, which had not yet lost all its animation. She was lying bolstered up in bed, with a rapid, small pulse, difficult breathing, a cough which at times almost threatened suffocation, and entire inability of retaining, even for a few minutes, the blandest nutriment upon the stomach.

The condition of the stomach was undoubtedly the cause of this extreme emaciation ; for though this is a common effect of protracted consumptions, it is rarely so great as in those cases of diseased stomachs in which little or no nutriment can be taken into the system.

Her countenance lighted up as I entered the room, and I fancied from its expression that the fond hope of recovery had not entirely forsaken her. Oh Hope ! thou sweet enchantress ; how wretched indeed would be the fate of us all, if it were not for thy soothing influence. Not only would the slave and prisoner sink without thy support—not only would the destitute and oppressed cease to struggle on with the ills which they sustain,

this wide world itself would become dark and cheerless without thy light, and eternity an abyss more horrible to contemplate than annihilation.

I took her hand, which she feebly raised from the bed, and enquired how she was. 'Very low,' said she, 'very low.' At the same time, her eyes rested upon my wasted features, for a violent fever had left its pallid traces there. She paused for a moment, and then continued; 'you have been very ill—are you quite recovered?' 'Quite recovered,' I replied. She paused again, and her countenance brightened. I saw the cause. Hope still flattered her that she too might yet recover. You do not know how anxious I have been to see you, she said, for I have fancied that you perhaps might help me. I am very ill, but others have recovered who have been as low as I am. I made no reply, though I perceived that her last words were pronounced with the expectation of drawing from me some little encouragement. Her case was evidently hopeless. Nothing could be done to avert the fatal stroke. Those organs necessary to vitality were unquestionably rendered nearly useless from disease, and must soon cease to perform their office.

Though our science possesses immense powers in preserving life, while every part

of the animal machine retains its integrity, we cannot, like the machinist, when a wheel is broken, substitute another in its place. No. Whenever "the cord be loosed, or the golden bowl *be broken*, or the pitcher *be broken*, or the wheel *be broken* at the cistern, then shall the dust return to the earth as it was, and the spirit shall return unto God who gave it."

She perceived from my looks that I could not encourage her with the prospect of recovering, and after a little time, and an effort to appear composed, she said, "Doctor, what do you really think of my case? I want your candid opinion." At first I hesitated. My situation was painful. I knew her last, faint hope of recovery rested upon my efforts, and to tell her that I could do no more, would be to take from her the frail reed with which she was struggling to support herself, and give her up to despair.—What was to be done? Could I conscientiously amuse her with the flattering prospect of health, when she was rapidly advancing toward the grave? No. I had long since determined never knowingly to rob a patient by encouraging language, when there is no ground for hope, of the last few remaining moments of existence, which should be entirely devoted to the preparation

for an untried scene. I hesitated. Her eyes were anxiously fixed upon me, and my words almost stuck in my throat. But I felt it my duty to be plain, and at length said, "It is painful for me to tell you that I am unable to give you the least encouragement." She heaved a deep sigh, which seemed to sever the last tie that bound her to life, but made no reply.

After a little time she said—"Oh! why should I wish to live? This world has afforded me but very little real satisfaction; it is, indeed, all vanity." I remarked that death is the portion of us all, and that it is of far more importance that we should be prepared for another state of existence, than that we should live long—for the longest life is but a moment compared to eternity. She said—"I am fully sensible of the correctness of what you say, and I feel the infinite importance of a due preparation for the last hour." I suggested the propriety of her seeing Mr. —, a pious clergyman who resided near, and she replied—"he has already visited me, and I hope I shall profit by his instructions." From this time she gave her whole attention to her spiritual concerns, and exhibited that sincere penitence and Christian resignation, which, of all things, is most valuable at such a time, and which was highly satisfactory to

her friends, and the good clergyman who frequently visited her. While she was in this frame of mind, her husband hearing that she could not long survive, and feeling no doubt, some compunction for many things that had passed between them, came to see her; and the consequence was, full forgiveness on her part, and a perfect reconciliation. She did not reproach him for any of his misconduct, but acknowledged that she had been wrong in many things, and begged him to forgive her. It may be supposed that this had a powerful effect upon his feelings, especially as he was undoubtedly most in fault; but it was far from being great or lasting, for he was a man destitute of much sensibility.

She did not survive many days after this reconciliation, but paid the last debt in the perfect possession of her faculties, and with entire composure and resignation.

In examining the body after death, (which some peculiarities in her symptoms rendered desirable,) the shape of the chest appeared very remarkable. As has heretofore been explained, the chest of a well formed person is conical; that is, larger at its lower than at its upper part, and the ribs which form the principal portion of its walls, do not reach themselves to the breast bone, but are eked

out by pliable cartilages which are joined to the breast bone.

In this instance, however, the lower part of the chest was surprisingly narrow, and the cartilages of which I have spoken, were bent in, in a peculiar manner, so as to allow the ends of the ribs in front to approximate toward each other. By this conformation, the stomach must have been pressed by the ribs and their cartilages, and the lungs forced into the upper part of the chest, and greatly confined in their action. Both the lungs and stomach were extensively diseased.

The question may arise, whether this alteration in the natural formation of the chest, was the entire cause of disease and death? May not mental causes, during the time she resided with her husband, have had much to do in bringing on the fatal malady? These are questions that cannot be positively answered; but the anatomist will tell you, that a chest thus artificially narrowed, is quite sufficient to produce the most melancholy consequences; and if it is not the only cause of death, is unquestionably the most powerful in its operation, and materially assists the action of all other causes.

The limbs may be distorted in every possible manner, or cut off without interfering

with the functions essential to life ; and even the trunk itself, when all the bones are softened by rickets, may undergo astonishing changes, without greatly embarrassing the vital organs ; for then, if one part is pressed in, another is consequently pressed out—so that the actual space which the organs occupy, may not be considerably diminished. But it must be recollected, that when the lower part of the chest of a healthy person is artificially contracted, the bones of the upper part are not soft and disposed to yield, but firm and resisting ; of course the organs contained in the chest must suffer. Let any rational being examine this subject for once, in its true light, and I am sure that the folly and madness of the present system of tight lacing must be apparent.

If the eastern notions, that women are not accountable beings, and that their lives and health are at their own disposal, were correct, still what fools they must be to subject themselves to disease and suffering, for fashion's sake, or the pitiful vanity of attracting the gaze of stupid admiration. That it is their principal desire to render themselves interesting, in every sense of the word, they all admit ; and that it is no small part of their study to merit the approbation of the other sex, we all know ; and I am bold to assert, that

if they suspected even the half of the contempt and pity with which men of sense look upon a female who has tortured herself into the resemblance of a wasp, or otherwise marred the symmetry and loveliness of nature's chef d'oeuvre, by her dress, they would be effectually prevented from extravagances of this sort.

Imprudent exposure of the neck and upper part of the chest is also a subject of serious importance. Laennec, who has done more than any other individual toward disclosing the actual nature and causes of consumption, declares it to be his opinion that exposure of these parts is one cause of females oftener suffering from this awful malady than males.

It is very generally supposed that constantly exposing any part of the body to the air, hardens it, as it is termed, so that it is not effected by changes of temperature; and, to a certain extent, this is undoubtedly correct. Persons who have always had the neck uncovered, are certainly not as liable to take cold in that particular part, as those who suddenly lay aside a covering for it which they have long been accustomed to wear.

There are parts of the body which seem calculated by nature to be always uncovered, as the face and hands; and they are abun-

dantly supplied with blood which enables them to bear changes of temperature with impunity. But the same cannot be said of the trunk of the body, which is evidently intended to be protected from cold by suitable garments, as it contains important organs which are powerfully influenced by the application of cold to the surface, and none more than the lungs ; of course, the farther man departs from the hardy state of the savage, the more it becomes necessary to guard his trunk from inclemencies of weather. But I shall not go farther into this subject, or attempt to decide on the propriety or impropriety of female dress as it respects the neck. I will only caution you against a practice which is fraught with danger, and not unfrequently gives rise to diseases which are often fatal. I refer to the habit among some females of keeping the neck covered in winter with a warm shawl or some other article during the morning, and when not in full dress, and laying it aside in the evening, or while at a party. This is a most certain way to take severe colds, and is altogether more dangerous than exposing the neck at all times, as you can at once imagine. I have known a lovely girl of seventeen or eighteen to be seized, in consequence of such imprudence, with an

inflammation of the lungs terminating in consumption, which in less than six weeks hurried her from all the gaieties and pleasures of the brightest period of human existence, to the awful realities of another world. I repeat again and again, nature will not be too far tempted with impunity. Much she often will put up with, but there are bounds beyond which we cannot pass without paying the ruinous price of our folly.

The next point to which I would direct your attention, is the clothing for the feet. It has long been observed that exposure of the lower extremities to cold and moisture, is a common cause of colds ; and almost every physician will tell you that females are much more liable to suffer from such exposure than males. The reason of this greater liability it is unnecessary to explain, as it is sufficient that the fact is generally admitted. Is it not reasonable, then, that the feet of females should at least be as carefully protected from cold and moisture, as those of the other sex ? But are they in fact ? Look at the thousands you daily meet in the streets during the cold seasons of the year, muffled up in a warm cloak and their heads protected by a padded hood, with either silk or cotton stockings and prunella

shoes, the bottoms of which, are frequently but little thicker than paper; while the feet and ancles of gentlemen are effectually guarded by substantial leather. Here the order of things is completely reversed; the robust are covered and the delicate exposed—and this, let me tell you, is no unfrequent cause of coughs and consumptions, not to mention a host of minor maladies, originating in the same thing.

The explanation of this is not difficult.—By exposing the lower extremities to cold, while the upper parts of the body are kept warm, the blood is driven in an undue quantity to the chest and head, and predisposes to inflammation in these parts. But this is not all; females suffer far more from this unequal distribution of blood than men; of course it is little less than madness to expose their feet as they do.

It is always painful to me to admit that our females are in any respect behind those of any other equally civilized country; but considerable observation compels me to acknowledge that in consulting their own health and comfort as regards their feet, they are far behind almost every other. In meeting ladies in our streets in chilly, damp weather, I have often drawn a humiliating comparison between their flimsy shoes and

the more substantial ones worn by ladies in Edinburgh, London, and Paris. Besides, when the pavements are at all damp, you seldom see the latter without pattens or clogs.

Now almost every traveller will tell you that the females of the last mentioned places, are decidedly more healthy than our own—of course better fitted to bear exposure with impunity; and yet you see them carefully guarding extremities, which the delicate, fragile beings among us seem to delight in exposing with the merest apology for a covering. There is scarcely a medical man who has not seen, alas, in too many instances, the fatal effects of this gross imprudence. I will relate a single instance or two of the evident effects of cold and moisture to the lower extremities.

In the winter of 18—, Miss P. came to —, to spend several months with her uncle's family. She was scarcely eighteen, rather tall, but finely formed, with regular features, a remarkably pleasing expression of countenance, and a great deal of that natural ruddiness, indicative of perfect health, so common to the young ladies of a salubrious section of country where she had resided from her infancy.

It was very gay that winter at —, and

Miss P. entered into all the mirthful scenes of the season with the enthusiastic ardor peculiar to her age and sex. She sung well; she danced elegantly—an amusement of which she was immoderately fond; in fact, she was the animating spirit of every circle she entered, and the admiration of all. There was a degree of artlessness and childish ingenuousness in all she said or did; a playfulness and thoughtlessness of manner, that immediately won the affections of those of her age, while they drew the kind and indulgent smile from those of riper years. She appeared innocent as the sportive lamb, and

“Like the gay birds,
Content and careless of to-morrow’s fare.”

Toward the close of winter, there was to be a large ball, at which all the beauty and fashion of —— were to be present. Considerable efforts were made to render this more brilliant than any thing that had preceded it, as it would probably be the last of the season, and was to serve as a sort of climax to the winter festivities.

For several days previous to the ball, Miss P. had been constantly engaged in arranging her dress, and for as many nights she had slept but a few hours, her mind was so filled with delightful anticipations. Indeed, the

excitement had been so great, that on the morning of the wished for day she looked so pale as to attract the attention of her aunt, who said she was confident she was not well, and entreated her not to go to the ball. To this, however, she would not listen, and assured her aunt that she never was better. After breakfast, she was less pale, but during the day her looks continued to awaken the fears of the family, who endeavored, in vain, to persuade her to remain at home.

Early in the evening she went to her chamber to dress herself, with the assistance of a servant maid, who went to a large drawer to get her stockings, into which, by some unaccountable mistake, a large quantity of wet linen had been placed. She immediately exclaimed, "Miss P. you cannot wear these stockings, for all the wet things have been lying upon them." When the above mentioned articles were produced, they proved to be very damp, and the maid proposed carrying them down and drying them by the fire, to which Miss P. objected, saying, that if her aunt should discover that they were damp, she would not let her wear them, and furthermore, that there was not time; and saying she knew

they would not hurt her, and telling the girl not to mention it, she put them on.

When she first entered the gay circle that evening, her cheeks were glowing with excitement, and she never appeared more lovely and interesting. Dancing did not immediately commence, and she was seated beside several of her companions at some little distance from the fire. The night was very cold, and the room was not sufficiently warm. In a short time, the color had faded perceptibly from her cheek, and she complained of feeling very languid and chilly. She took a seat near the fire, but could not get warm. Her altered appearance now attracted general attention, and as severe pains began to shoot through her back and limbs, she could no longer conceal the fact that she was very unwell. At first, some cordials were given her to restore warmth, but she grew rapidly worse, and was soon after taken home to her uncle's. My friend, Dr. — was sent for, and the whole matter now came out. She had been so much excited for several days previous, that her system had been enfeebled by it, and while in this state, the damp stockings had produced a cold of no ordinary violence. An inflammatory fever, which seemed to vent

its whole fury upon the left hip joint, was the consequence.

She was copiously bled, and took the most active medicines with but partial relief, and her sufferings became excruciating. So much so, indeed, that her screams were often heard at a considerable distance from the house. It is difficult to conceive the torture which this interesting creature underwent for many days, in spite of powerful anodynes, or that her constitution could have sustained so much. When I first saw her the disease had spent its violence, but it was found that the thigh one had been dislocated upward, by the inflammation and subsequent alteration of its socket, and it became a painful duty to inform the connexions of this once blooming and active girl, that she must be a cripple for life.

Of course she was not made acquainted with her real condition till she was able to leave the room, with the assistance of crutches. She then found that the left limb was some inches shorter than the right, but when she was at last informed that it would probably never be restored to its original length, the mental agony which it occasioned, was indescribable. In time, however, she became reconciled to her fate, but her gay spirit was broken; she could no

longer join in the mazy dance, or participate with her wonted pleasure in the amusements of her age. She knew that a single impropriety had brought an awful calamity upon her, and dashed from her youthful imagination, the bright visions of her early years; and when any act of marked imprudence was mentioned, she would cast her eyes mournfully upon her distorted limb, and a deep sigh would escape her, that told how bitterly she felt the melancholy consequences of her own thoughtlessness.

This is only a solitay case; but I leave you to draw your own inferences from it, and I call upon you as a mother to examine this subject in its true light and as you value your own happiness and that of your daughters, to enforce upon them, both by precept and example, the necessity of studying health and comfort more than appearances, in the covering of the feet.

During my residence in Paris, I became accidentally acquainted with a very respectable young man, who kept a fancy good store in the Palais Royal; and during my occasional evening lounge in this world-in-miniature, sometimes stopped at his *boutique* to chat about the news of the day, or the peculiarities of my own immense country so much admired and talked of by all the

well-informed French. He had taken considerable pains to store his mind with useful knowledge, and was far from being a novice in the history and present condition of America. His manners were mild and amiable, but less sprightly and vivacious than many of his countrymen, and his brow wore the appearance of thoughtfulness, bordering at times perhaps on melancholy, which had a tendency to excite my curiosity, though I forbore to enquire the cause. Perhaps it was from the impressions of his infancy, for his father perished in the sanguinary struggle between the Parisians and the allied forces on the heights of Montmartre, and his mother who had been deprived of almost every connexion during the awful period of a revolution, whose horrors are unparalleled in the pages of history, had sunk into the grave from a lingering illness sometime after the restoration of the Bourbons.

But his *boutique* had other attractions beside its interesting master, and the splendid wares with which it was filled. He had a sister who assisted him behind the counter, as is so customary in the French capital, who excited a far more lively interest in the passing beholder, than all the costly articles with which she was sur-

rounded. She was eighteen or nineteen, rather under size, with pleasing features, brunette complexion, an abundance of natural color, and sparkling black eyes that beamed with all the cheerfulness and gaiety of her nation. In a word, she was what they appropriately call *une brune piquante*. Her manners were of that gentle and winning character for which the Parisian women are justly celebrated; and in conversation she possessed a large share of the sprightliness and volubility peculiar to her sex.

I knew nothing of them except what I saw, but was disposed as a traveller to cultivate an agreeable acquaintance, merely because I found it afforded me a momentary pleasure: but in the end I was convinced that they were not unworthy of my friendship. In one respect they differed materially from the mass of Parisians. They were Protestants; and to their mother they were indebted for a very pious education, which I have no doubt had its full influence upon them. They regularly attended at the Oritoire on Sunday, (the church of the eloquent Massillon, which since the restoration has been given to the Protestants,) and always spoke of things of a religious nature in a manner that indicated any thing but cold indifference.

That they were very fond of each other no one could doubt ; and as he was several years older than his sister, he seemed to consider her as his charge ; and even in his moments of seriousness, little short of sadness judging from his countenance, he would listen to her pretty chit-chat and frequent sallies of innocent wit, with a sort of parental kindness which plainly showed the gentleness and excellence of his heart.

There is a degree of playfulness and evident desire to please in the conversation of French women, which has been noticed, I believe, by most travellers ; and it is granted on all hands, that no language is better adapted to their use, or is so full of neat little expressions, and will admit of talking so long without actually saying any thing ~~as~~ ~~their own~~. It seems to be the great study of their lives to render themselves *aimable* or pleasing to the other sex ; and their whole deportment forms a striking contrast to the apparent coldness and stateliness of English women, though I am free to acknowledge that in my estimation the former are commonly much less lovely than the latter (I mean to the reflecting man,) inasmuch as they are far more frivolous and heartless. But to return to the Palais Royal. For

some time I had seen nothing of my friend and his sister, when one evening as I was passing the door of his *boutique*, I met him standing near the iron railing which separates the shops from the gardens, looking mournfully at the water that was playing in the fountain, for the glittering drops as they fell back into the basin were strongly illuminated by a clear moon light, producing a most pleasing effect. As I accosted him with the usual "bon soir," he turned and exclaimed, "Ah, Monsieur, ma soeur est morte!" "Dead!" said I, repeating the words after him. "Oh, how sudden! what was the cause of it?" "Oui Monsieur," said he, "elle est morte; si jeune et si amiable!" In a moment he spoke freely on the subject, (for the French in affliction are not like the English in abstaining as much as possible from all mention of the cause of their grief,) and I drew from him the following particulars:

About two weeks previous, she had been as usual on Sunday to the Oritoire. The day was wet and the water was running like a river in the middle of the Rue St. Honorè, and notwithstanding her feet were protected by a species of wooden over-shoes, much worn by the Parisians, they had become

very wet from the splashing of the carriages ; and sitting with them upon the cold marble pavement of the church during the service, she had taken a severe cold which brought on inflammation of the bowels, rapidly terminating in mortification and death.

Thus had this unfortunate young man been suddenly deprived of his last near connexion, by the application of cold and moisture to the feet ; and the rose and honeysuckle now bloom at Père la Chaise, where repose the ashes of this once gay and interesting creature.

Never shall I forget the melancholy tone with which he repeated the words, “ *si jeune et si aimable !* ” and the deep sighs which followed.

The French are accused of want of sensibility, because their grief is not of that silent, gloomy cast like our own. But this is a harsh decision. That their sorrow differs somewhat from ours, I admit, for they are more willing that it should be assuaged, and generally speak more freely about it. But I have witnessed the interments at Père la Chaise, and the torrents of unfeigned tears shed over a lifeless friend too often, to believe that their feelings are not intense at such a moment. That they are not forgetful of the deceased, the diversified monu-

ments, from the simple slab to the richly decorated temple, and the shrubs and flowers, cultivated with great care, attest in that most charming of all receptacles for the dead—Père la Chaise.

CHAPTER VI.

EFFECTS OF EDUCATION AND EXAMPLE.

INFLUENCE OF EDUCATION UPON THE CONDUCT—
DANGER OF EXTREMES OF RESTRAINT AND IN-
DULGENCE—THE CLERGYMAN'S SON—THE PRO-
FLIGATE—THE REFORMATION—THE DRAUGHT OF
LAUDANUM—THE FATAL RENCONTRE.

It has often been a subject of surprise to me, when I have seen the children of well-informed persons bring disgrace upon themselves and family, that the real cause of their conduct, viz : a bad education, has not been at all suspected by their parents. The reason probably is, that we are never willing to believe that the misdeeds of others can in any respect depend upon ourselves ; yet I am convinced that the grand reason why a large proportion of children disappoint the expectations of their friends, is the manner in which they have been brought up ; and I daily see fresh proofs of the correctness of the saying of the wise man, “train up a child in the way he should go, and when he is old he will not depart from it.” Common sense and experience teach us that this consists neither in going to the extreme

of indulgence on the one hand or of severity on the other.

It is a common remark that such and such persons, who have fallen into great errors, were born of respectable parents, and have been well educated. Of course, their conduct is attributed to natural weakness or vicious propensities, when, if you could go into their families, and be intimately acquainted with all the particulars of their early life, you would find a sufficient explanation for their conduct without going further. Something, I grant, depends upon natural propensities ; but far less, perhaps, than is commonly supposed.

That those who have been properly brought up may sometimes be led astray by vicious companions after they are beyond parental control, there is no doubt ; but it is one of the most valuable effects of a good education to guard one from seductions of this kind. Is a young man temperate and virtuous from principle, he is not apt to choose the drunkard or libertine for his associate. Has he always found happiness in the bosom of his family, he will rarely seek the haunts of dissipation to kill time or brutalize himself by midnight debaucheries. The first step towards gross vices will be painful to him, and he will involuntarily turn

back to the innocent pleasures which bind his heart to the scenes of his childhood. The instructions of his parents will be a mentor within his bosom, always ready to reprove him if he yields to temptation, and to renew to his recollection the pure joys of virtuous actions. A combination of circumstances may involve such a man in vicious habits, but cases of the kind are, I believe, very rare ; and prove more the frailty of human nature than the inefficacy of proper education.

An argument often raised against the opinion just advanced, is that the sons of the most religious people, and even of clergymen, now and then turn out badly. To this I can reply, that I have seen several remarkable instances of this sort, in every one of which I am fully persuaded the fault was still in a great measure that of education. It was not that moral principles were not early and zealously inculcated—it was not that a pattern of strict morality was wanting before them ; but it was the austere manner in which those principles were inculcated, and the marked desire of the parents to put old heads on young shoulders—to discountenance all the innocent amusements of youth, and instead of participating in their little pleasures, and bestowing an approving

smile upon their childish pastimes, treating them with decided disapprobation, and keeping the thoughtless beings at an awful distance from them. Children may fear, but they will never really respect or esteem those who are a damper to their mirthful moments, or venerate principles which apparently render those who are governed by them less cheerful and happy.

I cannot forbear mentioning two instances in confirmation of these remarks which occurred in my native place, and immediately under my own eye.

The first was the only son of a clergyman, of distinguished learning and talents, and an arduous teacher of what he considered to be the truths of Christianity. That he was a good man, no one doubted ; but his mind was strongly tinctured with some peculiar doctrines, which seemed to influence his whole character and conduct. One of the most remarkable of these was, that we ought to be perfectly willing to suffer eternal punishment, if the justice of heaven required it.

There is a degree of absurdity in this doctrine that is really astonishing. That any rational being should so entirely lose sight of his own happiness, and the intentions of the great Author of his existence, as

to be *willing* to be banished from all that is perfectly holy, and to take up his abode among damned spirits, appears as repugnant to every principle of nature and common sense, as it is inconsistent with the precepts of Christianity.

But to proceed—he was exceedingly grave in his deportment, and seemed to think every thing gay and thoughtless as awfully profane. His family (for he had several daughters,) assumed the most studied sobriety in his presence; not a loud laugh or a merry saying was heard, and the looks of all bespoke how little his company was desirable. It could not be said of him,

“He still remembered that he once was young,
His easy presence check’d no decent joy.”

His children read the bible, repeated their catechism, and said their prayers with the most rigid exactness, though it was not difficult to perceive how little these tasks were relished; and many persons would have thought, that if the father did not expect them to perform works of supererrogation, he was at least determined to lead them to Heaven, whether they would or no. The effect of all this was, to make them hypocrites at a very early age, for they could assume a most sanctimonious length of face in the presence of their father, but

were, when out of his reach, or from home, proverbially the wildest children in the place.

In their infancy they had sustained an irreparable loss in the death of an amiable and excellent mother, and were thus deprived of the invaluable instructions and kind admonitions which none but a mother can give.

The son, at a very early age, exhibited the pernicious effects of the rigid system I have described. Deception appeared to be the first lesson he had well learned; and he knew how to practice it with remarkable adroitness whenever it suited his convenience. He was a notorious liar, was several times guilty of petty theft, and, as may be supposed, grew up with the most marked dislike to every thing of a religious nature. But I will dwell no longer upon his character. Suffice it to say, he did not disappoint the expectations of those who believe that

“Just as the twig is bent, the tree’s inclin’d.”

and unless he is completely reformed since I have lost sight of him, he is neither a comfort to his family, nor an honor to his species.

The second instance was that of the son of a very pious and worthy man, whose religious creed was not unlike that of the

clergyman of whom I have just spoken, and who acted up to it in all matters, with the most scrupulous exactness. He was not a man of remarkably strong mind, but deservedly respected for his conscientious life. The subject of my remarks was the eldest of several sons, and it was the sincere desire of his father, to make him a paragon of sobriety and virtue. He was educated in the strictest way, heard nothing from morning till night but dissertations upon the great wickedness and folly of youth, the corruption of the world, the vanity of all sublunary enjoyments, the awful denunciations against sin, the torments of the damned, &c.

He was cautiously hindered from associating with others of his age, and debarred all their allowable amusements; in fact, every method that the most misguided imagination could invent, was adopted to make him all that his father could desire. But alas, the vanity of human hopes! He was destined to be a disgrace and a curse to his family, and almost to bring down his parent's grey hairs with sorrow to the grave. As soon as he was old enough to think and act for himself, he evinced the most unconquerable aversion to the religious opinions of his father, spurned from him all parental

restraint, and, as if to avenge himself for the pleasures of early life, of which he had been deprived, plunged headlong into every species of dissipation and extravagance. The excesses of which he was guilty, I shall not describe, and will only remark, that he never listened, for a moment, to the admonitions of his father, but when he had need of fresh supplies—or gave him a promise of reformation, but for the sake of forcing from him the means of indulging his desires. Had not his health given way in the midst of his career, I have no doubt he would have brought ruin, as well as wretchedness upon his family; but he sunk, at the age of four-and-twenty, into a premature grave, the victim, as I firmly believe, of misguided zeal and parental austerity.

I will now give you one or two examples of the effects of education of a different kind.

Mr. ——— commenced the world poor, but by great success in commercial transactions, rapidly acquired an enormous fortune. He married early, but his wife died, leaving him two daughters, neither of whom was yet ten years old. Sometime after her death, he took an unprincipled woman into his house, with whom he lived several years, and began to drink immoderately. He had an iron

constitution, and as spirits lost their effect upon him, he increased the quantity, till at last he regularly drank more than a quart of brandy a day, without ever entirely losing the use of his limbs, or his mental faculties.

In order to prevent the injurious influence of this quantity of liquid fire upon his health, he constantly mixed it with milk, and, finally, with the exception of crackers, took very little else for nourishment.

His morals were as depraved as his habits. He lost no opportunity of overreaching and oppressing his neighbors ; was shockingly profane, and grossly vulgar and indecent even in the presence of his children. Indeed, I never knew a man of his wealth and information who so justly merited the appellation of "*brute beast*," or whose conduct was more disgusting.

Imagine to yourself the probable effects of such an example upon his daughters. When the elder of the two had attained the age of sixteen, she received the addresses of a young lawyer, whose only object, I have no doubt, was money, for he left her on her father's refusing to make a settlement upon her ; and she, determined to consult her own inclination, fell in love with the coachman, and ran off with him. The father gave him-

self no further trouble about her than to pronounce upon her the most awful maledictions, and declare that she should never have a shilling from him.

About this time, he was suddenly attacked with an alarming hemorrhage, which seemed to baffle every effort that could be made to entirely suppress it. The quantity of blood he lost, both by bleedings from the arm and the disease, is almost incredible ; and though the hemorrhage was checked when he had apparently no more blood to loose, the smallest quantity of food or drink would renew it. It appeared that the blood-vessels, which he had so long immoderately excited by his enormous potations of brandy, had at length completely lost their tone, and very little hope was entertained of his recovery. His mental agony was now truly awful, for he had been informed of his real condition, and its cause, and was in almost hourly expectation of the last fatal struggle, which he knew was the consequence of his own guilt and folly.

At length the returns of hemorrhage became less frequent, and there appeared some chance of his life being prolonged a little: but still the smallest quantity of food or drink occasioned such a distressing sense of fullness of the blood-vessels, that he was in

constant dread of being carried off by a gush of blood. Death, in fact, seemed constantly staring him in the face, and the fears with which the awful prospect filled him, together with the bitter remorse for his past life, rendered his condition truly pitiable.

While in this frame of mind, he sent for a preacher of universal salvation, and offered him a large sum of money if he would convince him of the truth of his doctrine, and kept him in his house expounding the scriptures to him for a considerable time. But whether this botcher of wounded consciences despaired of making an entire proselyte, or doubted the fulfilment of the promise should he succeed, I cannot say ; but he thought best to imitate the children of this world in securing to himself the mammon of unrighteousness while he had an opportunity, for he took advantage of his situation of spiritual teacher to appropriate to himself a considerable amount of his pupil's temporalities, through the unsuspecting character of Mr. ——'s clerk, and suddenly disappeared.

Here then, my patient was not only stopped short in the work of quieting his conscience with the gratifying doctrine of all happiness and no punishment hereafter, but also not a little vexed at being grossly imposed upon and defrauded by his favorite teacher.

Soon after this occurrence, he had a long interview with an old friend and companion of his boyhood ; a man who for many years had given abundant evidence of the strictest integrity and undoubted piety, and the consequence was, that he became fully convinced of the folly of his pursuit after mental peace without sincere repentance. He unhesitatingly confessed the wickedness of his life, and showed an earnest desire to make reparation for his misdeeds. His first step was to put away the woman he had for years kept in his house, with a comfortable maintenance for life ; and his next, to bring home his runaway daughter, of whom I have spoken.

She had gone with her lover to a retired place, at a considerable distance from —, where he had taken a small new farm to cultivate. They lived in a little log cabin, and had felt the hard hand of want with its full force. The romantic ideas of love and a cottage, had been exchanged for the less romantic sensations of limbs aching from toil, and empty stomachs ; and in addition, they had both been attacked with the slow-remitting fever, so common to new settlements, which had reduced them to mere shadows of mortality.

When the daughter was brought home,

and led with faltering steps into the apartment of her father, he burst into tears, and throwing his feeble arms around her emaciated form, said, with groans and sobs, "It is all my fault, my child, and it shall be my business, so far as it is possible, to repair the evil I have done." He saw, with a parent's anguish, a child led far astray, for want of parental instruction, and he vowed in the bitterness of his grief, if his life should be spared, to make ample atonement. The coachman, too, who was now made legally his son-in-law, and who was, in the main, a deserving young man, though he had been guilty of a serious error, received full pardon, and an assurance of favor, of which, I believe, he has ever since shown by the correctness of his life, he was not unworthy.

Mr. — now began to take gentle exercise in his carriage, and to the astonishment of all who knew him, by total abstinence from all stimulating drinks, and strict attention to diet, made gradual advances toward health, thus proving the fallacy of the statement, that a life of systematic intemperance cannot be suddenly and entirely abandoned with safety.

Several years have now elapsed since the period of which I speak, and Mr. —, who enjoys remarkably good health for one of

his age, continues to bear the undoubted fruits of an entire reformation. He is rigidly temperate, sober and exemplary in his deportment, and a constant attendant on religious worship, to the support of which he liberally contributes, and I am happy to say, his example has had the most salutary effect upon his family.

His second daughter is respectably married, and he is surrounded with several grand-children, who are the solace of his age, and stand a much better chance of being properly educated than did their mothers.

If he brought disgrace upon himself, and dishonor upon his house, by his early life, he has now proved both the good and harm that may be done by parental example, and has given a lesson, more convincing of the salutary influence of the Christian religion, than the classic lectures of Blair, or the reasonings of Paley.

The effects of education were strikingly exhibited in the following case :

Miss —— was the only daughter of a respectable merchant, who, as well as his wife, had a remarkably good constitution. Indeed, I believe neither of them had ever had a severe illness, or been much in the hands of the doctor.

They were decidedly people of the world —immoderately fond of the theatre, a game of whist, and a good supper—went to church occasionally for the sake of appearances —ridiculed the *saints*, and always encouraged a joke, even if it required a downright falsehood to make it take.

Miss —— was scarce ten years old when she was regularly taken to the play, for her father then resided in town; and though she was sent to very good schools, knew more of Shakspeare and the comedies of the day, at sixteen, than she did of grammar and geography, not to mention history and the higher branches of learning. She commonly made one at the supper table, and was pointed out by both parents as a very shrewd and sensible girl. I perfectly recollect one or two anecdotes of her, which were related to me by her mother, as instances of her remarkable cleverness.

When ten or eleven years old, she went to a fruit store to purchase some apples, the proprietor of which was often spoken of in her hearing, as excessively close, and even mean in his dealings. He asked two cents a piece for the apples, and she took half-a-dozen, giving him a piece of twelve-and-a-half cents in payment. But as she saw that he was a gainer of half a cent by the bargain,

she managed to steal another apple while his back was turned, to make the account even, and told her mother of it as a good trick.

At another time, a neighboring lady saw her going out, and requested her to call at the confectioners, and buy a quarter of a pound of lemon candy for her, giving her at the same time what she supposed it would cost. When she had made the purchase, she found that she had several cents more than the price of the quarter of candy ; so she laid them out in the same way, and appropriated the proceeds to herself. When she came home, she told her mother how she had taken pay, as she termed it, for executing the commission.

Both of these acts, instead of being punished as their dishonesty deserved, excited a laugh, at what was called her cleverness in taking care of number one ; and her mother, when speaking of these “ childish pranks ” in her presence, frequently added, addressing herself to the daughter, “ good-for-nothing creature ” — “ I wonder they did not choke you ” — “ how dare you do so ? ” &c.

While she was at school, I have been told by her mates, that she was a notorious liar — though her family only believed her capable of telling *white lies* ; and her whole moral

education was of a piece with what I have described.

At the age of eighteen, she was well formed, and certainly fine looking, without being beautiful—was acquainted with a good deal of light reading, and to most observers, of easy and agreeable manners; but to the more penetrating, she possessed a degree of self-possession and disguised subtlety, altogether inconsistent with the natural diffidence and ingenuousness peculiar to her age, which would involuntarily lead one to the conclusion, that she was in a great measure destitute of those fine sensibilities which render the sex so lovely in the eyes of men of good principles, and that high-toned virtue which shrinks from the very shadow of vice or immorality.

About this time she received the addresses of a young gentleman of highly respectable connexions, and whose circumstances, in many respects, rendered him a very desirable match. After a short time, they were engaged, and the day fixed for the nuptials.

In the mean time, his business compelled him to be absent for several months, and an intercourse was kept up by frequent letters. Now it was that her real character began to develope itself, and her fondness for strata-

gem and intrigue to get the ascendancy over her prudence and cunning.

How often do such persons, from a mere love of dissimulation, and that restless spirit which must always be playing at some game or other, set a trap into which their own sagacity does not prevent their falling?

In order to increase her value in the estimation of her lover, she had the folly to represent to him that another gentleman had recently become enamoured of her, and that he daily haunted her wherever she went. False as this tale was, she had the indelicacy and vanity to embellish it with numerous little accounts of the interesting looks and tender speeches of her pretended admirer—the pains he had taken to meet her in the streets—to see her at her window, &c.

All this had the effect of rendering her intended very uneasy, and he requested the name of his rival. This, however, she declined giving, from a feigned compassion for the *unfortunate youth*.

As may be supposed, such a want of confidence was not altogether satisfactory, and when Mr. — returned, he took considerable pains to obtain from her associates and persons living in the neighborhood, such information as might unravel the mystery.

The result was, he came to the conclusion that it was all a fabrication.

At his next interview with Miss —, he again urged her with much warmth, to give his rival's name, which of course she could not do ; and to acknowledge that it was all a trick to tease him, appeared to her the only get-off. This, however, did not have the desired effect. He was a man of sense and good feelings, and would never have fancied her, had he known her real character.

Such an exhibition of heartlessness and want of veracity, filled him with disgust, and the consequence was, that he broke off the engagement, and left her to repent of her folly at her leisure.

This was a tremendous blow, and the more hard to support that it was entirely unexpected. In fact, her thoughtlessness had sprung a mine of her own contriving, that had suddenly blown up and laid her fondest hopes in ruins. Bitterly as she felt this disappointment, which would have crushed the heart of many of her sex, her pride compelled her to conceal her feelings, and she appeared gayer than ever, and endeavored, by her conduct, to convince those around her that she had in reality discarded Mr. —. At the same time, she had resolved in her heart to avenge herself for her

disappointment, by marrying the first person who should offer himself to her.

Mad as such a resolution may appear to the reflecting mind, I believe cases in which it is taken are not very unfrequent, at least, several have come within my limited sphere of observation. It strongly resembles the desperation of the gamester, who is reduced to his last dollar ; or perhaps more strongly, the fury of the savage, who has been known to stab himself, when he has found it impossible to destroy his antagonist.

Not long after the event I have just related, a young comedian came to —, to spend some time with one of his connexions, for the improvement of his health. His person was diminutive, and his countenance any thing but pleasing ; but he took great pains to give himself all the external elegance which the tailor can bestow—in a word, he was a great dandy, and evidently desirous of impressing upon others the worth of the man, by the quality of his wardrobe. He was excessively profligate, and probably addicted to all the vices justly laid to the charge of by far the greatest portion of his profession.

By some accidental circumstances, he met Miss —, and in half an hour formed an

acquaintance with her that was to terminate in her wretchedness.

With the sagacity of a professed libertine, he at once saw the possibility of possessing himself, by a little management, of her person, and perhaps had some faint expectation of obtaining from her father something to support, for a time, his extravagance, should he be obliged to marry her to accomplish his wishes. At all events, he determined upon the undertaking, and prosecuted it with a systematic perseverance, that is but too often successful.

From time to time they had clandestine meetings, till at length, the intimacy was discovered by her parents. It is unnecessary to say that the pride of her family was excessively hurt by that discovery, and instead of kindly admonition, her father loaded her with abuse, and her mother attempted to reform her by alternate coaxing and threatening. All this she met with remarkable nonchalance, and finally, by affected regret for her conduct, and repeated assurances that she had not the least partiality for Mr. —, succeeded in quieting the fears of her parents, while, at the same time, she was firmly resolved to follow her own inclination, and continued to see him almost nightly.

Mr. — was made acquainted with all

that had passed, and thought best to propose an immediate marriage, which took place without being at all suspected by her friends, for she continued at home as usual.

Soon after this, her parents ascertained that the intimacy still existed, and again called her to an account. Dreading to let the truth come out, she succeeded in convincing them, strange as it may seem, that their suspicions were groundless. She even went so far as to represent the object of their fears as a profligate fellow, whom she really detested, and demanded of them whether they had so degraded an opinion of their daughter, as to suppose she would throw herself away upon a worthless playactor. They were completely deceived by her apparent candor, and again became easy.

How long she would have played this unaccountable game, had she been left to her own way, it is difficult to imagine, for she was so thoroughly practised in deception, that it had become a second nature to her. But the time had now arrived that the truth would out. Her husband was tired of visiting her by stealth. The first gratification of his conquest had worn off, and he at length declared that she was his wife.

To save herself from the disagreeable scenes which the denouement would probably

occasion, she considered it most safe to leave home instantly, and took up her abode at her husband's lodgings.

Nothing could equal the first burst of feelings, when her parents were made acquainted with what had taken place. It was not the grief her death would have produced; it was a mixture of indignation, rage, disappointment, offended pride and sorrow, and, in the bitterness and extravagance of the moment, they cursed their child for her black deception; for wantonly breaking every tie of nature; for throwing herself away—in a word, for acting up to the principles they themselves had taught her, and being what her education had made her.

She heard of all this with perfect indifference, and coolly replied, "I guess they will get over it." In fact, the strange infatuation which had governed her conduct, seemed to have destroyed all the ordinary affections of a child, when placed in opposition to the indulgence of her capricious desires.

Females are sometimes led into very great errors by mere thoughtlessness, and that alone is some palliation in their case; but thoughtlessness was not so much a characteristic of Miss —, as a determination to

follow her own inclinations, and to make every thing else bend to them. Was this owing to her natural disposition, or was it that she had been spoiled by indulgence? It is my full belief that it was principally owing to the latter.

Previous to her marriage, I had been several times consulted on account of her health, which, for two or three years, had been growing decidedly delicate. She had no fixed disease, but was feeble and nervous, with occasional slight feverish attacks, and a variety of symptoms which I do not hesitate to ascribe to the pernicious effects of bad hours, hearty suppers, and immoderate mental excitement, upon a forming constitution.

I have said before, that her parents were remarkably healthy, and, during her early years, she had scarcely had a day's illness; of course it is reasonable to conclude, that had she been always led in the plain road which common sense indicates, she would have possessed an excellent constitution.

Very soon after she left the paternal roof, her health became altogether worse. She had now time to reflect coolly upon the step she had taken, and she saw herself wholly discarded by her parents, shunned by her brothers, and the wife of a man as unprin-

cipled as herself. The mortifying degradation of her case, with perhaps some remorse of conscience, operated powerfully on her undisciplined spirit, and materially impaired the powers of her system.

A few weeks had passed on in this way, when her husband, who had become tired of her, told her one morning, that he was going to a town ten miles off, and must take his trunk with him. Not suspecting he would remain long absent, she did not oppose him. He had taken care, however, to pack up all his best clothes the day before, and bidding her a hasty good morning, he got into the stage coach, and before the next day at evening, was more than a hundred miles from his wife, whom he left to pay the last month's bill.

When she found she was forsaken, she became perfectly frantic. She had forfeited all claims upon her friends for the sake of a scoundrel, and he had cast her from him as a worthless burthen. She happened to have a vial of laudanum in her possession, and in the moment of desperation, drank it all.—She had taken it but a short time, when the rash act was discovered; and then every effort was made to save her from its effects.

Language cannot depict the condition of this wretched female. Their apartment was

in utter confusion ; the drawers of a bureau were half open, with their contents lying in disorder, as if she had been searching for her husband's linen—a trunk open in the same condition—the table covered with a variety of things, and articles of female dress scattered about the floor—the bed had not been made, and on a stand by the side of it was a tumbler of water and a vial which had contained the fatal draught—she was pale and emaciated from bad health and chagrin, and all attention to her personal appearance was neglected—her long hair was confusedly scattered about her neck and face, and she had thrown herself in a half dressed state upon the bed, while the laudanum, beginning to have its effect, gave to her features, distorted with phrensy, the most unearthly appearance.

But I will dwell no longer upon this picture of folly and desperation ; suffice it to say, an emetic dislodged the greater part of the poison, and though she sunk into a state of perfect insensibility, she ultimately awoke like one come again from the dead, to all the poignancy of keen disappointment and an upbraiding conscience.

Was the punishment she had drawn upon herself great ? Her guilt also was great : yet far greater was the guilt of those who

had given her being, and whose duty it was to give her proper principles, but who had spoiled her in bringing her up, and were thus the undoubted cause of all her misconduct and misery.

There is one reason why parents should endeavor to educate their children properly; which, though entirely of a selfish nature, one would think would be all-powerful if viewed in its true light. I refer to the fact that those who fall into great errors in consequence of neglect in this respect, seldom, if ever, have any real affection, not to mention tender attachment, for their parents. The worst of parents expect that their children will love them; this is natural—and nothing touches what sensibility they may have so deeply—nothing so bitterly harrows up the soul, as to find themselves entirely disappointed. Ingratitude to the authors of one's being, is condemned by all as the blackest offence; but when they have violated the bond of nature, by casting forth their offspring upon a wicked world, without imparting those principles which alone can save from vice and afford the means of happiness, they have forfeited their claim to gratitude, and should not be surprised if their children curse them for giving them being, without giving them also that which

alone can render it desirable. The natural tendency of vicious habits, is to destroy all fine feelings—and on the other hand, nothing promotes them more than the practice of virtue; of course, children virtuously brought up, must respect and love their parents.—But as it is impossible to love what we do not respect, those parents who, by their conduct lose the respect of their children, cannot reasonably calculate upon their love; and those who, by their own immoral or dissolute lives, alienate their affections, must unquestionably answer for much of their consequent misconduct. In ordinary cases it is often difficult or impossible to trace the connexion betwixt cause and effect; but now and then we see instances where this connexion is very apparent.

While I was spending the winter of 182—in Paris, I became acquainted with Mr. —, who was the son of one of the most extensive land proprietors in the province of —. His mother died in his infancy, and his father took a female into his establishment as a housekeeper, with whom he was on such terms of intimacy as to disgrace himself in the estimation of the moral part of society, and to forfeit all claims to the respect of his children.

When but a lad, with a moderate edu-

cation, Mr. — left the place of his nativity and engaged as a clerk to the North West Fur Company, under Lord Selkirk, where he was likely to acquire habits and modes of thinking, better fitted for a savage than a civilized life.

While in this employment, he had a trifling quarrel with one of his comrades, and according to the rules of honor was compelled to accept his challenge, though, it is said, with reluctance. They met, and he shot his antagonist dead upon the spot. He was next engaged in the rencontre which took place between a party of Lord S.'s people, and a party of the other company, commanded by Lord Semple, in which the latter with several of his men, was killed. Some of the leaders in this affair were tried for murder at York, U. C. and Mr. — fled to the United States for safety, and resided for several years in New York and Philadelphia, living upon an allowance from his father, without engaging in any business, but devoting his whole time to amusement.

After the affairs of the two fur companies were settled, he returned home; but taking the liberty on a particular occasion of expostulating with his father, a quarrel ensued, and he left him in disgust, with a determination to enter the Greek service.

He arrived in France, and through the intervention of a connexion in Paris, obtained letters to Lord Cochrane, who was then about to embark in the same cause. After an interview with Lord C. he engaged his passage at Marseilles ; but in consequence of various delays, and want of faith on the part of the Greek agent, he became disgusted with this undertaking, and returned to Paris.

I one day asked him how he could think of engaging in the Greek service, in its present condition. He replied he “ would go to h— for a profitable employment ;” and to my enquiry whether he thought of returning home soon, he replied, no, “ I shall never go home again till the old man (meaning his father) lays his head down.” From this remark, the light in which he viewed his father may be easily perceived.

One morning, when seated at the table of a café with some of his friends, a person at another table took the liberty of replying to some of their remarks in English. Words ensued ; and finally the stranger made an assault upon one of Mr. ———’s friends. He attempted to interpose ; a scuffle ensued, in which Mr. ——— received a fatal wound.

He was carried to a hotel, where he survived a few hours in dreadful sufferings,

perfectly sensible of his fate, and was then hurried to his account with scarcely an opportunity of reflection or time for repentance.

I cannot divest myself of the belief that the singular life and untimely death of this young man, depended in a great measure upon the manner in which he was educated, and the conduct of his father. That his natural disposition was not bad, I am fully convinced from a great variety of circumstances. He was frank, generous, and remarkably disinterested in his intercourse with his friends, considering the rugged school into which he had entered at an early period—the gloomy and savage wilderness of the northwest, and the character of his associates. He was gentlemanly and amiable in his manners. Few who have passed their whole life in the circles of refinement and fashion, are so easily moved by human suffering as he was, or would so cheerfully share their last dollar with the destitute. He had certainly redeeming qualities, and those of a captivating nature. Though thoughtless, he was not unfeeling—though reckless and impetuous, he was brave and enterprising—and his well-proportioned limbs and strongly expressive features, bespoke him capable of

those deeds of manly daring which, in the estimation of many, cover a multitude of faults: even the last act, which cost him his life, was generous, in itself considered; for he threw himself between his friend, who was a weak man, and his more powerful antagonist, voluntarily risking his own person to defend that of another. His fate was truly melancholy and awful—and though immediately brought about by his own conduct, was unquestionably the remote consequence of a bad education.

CHAPTER VII.

DEPRESSING PASSIONS.

THEIR EFFECTS, AND THE NECESSITY OF MENTAL DISCIPLINE—OPINIONS OF LAENNEC—BURSTING OF A BLOODVESSEL.

THE influence of the passions upon the body, is altogether incalculable. Indeed, the feeblest frame may be impelled by them to inconceivable efforts, or the most robust may be laid prostrate in the dust. This can only be understood by considering the mysterious connexion between mind and matter, for it is the being within ourselves, that

“Thrills with pleasure, or grows mad with pain,
And in its secret conclave, as it feels
The body's woes and joys; this ruling power
Wields, at its will, the dull material world,
And is the body's health or malady.”

Nothing so rapidly undermines the strength, and lays open the system to the attacks of disease, as the depressing passions—in the front rank of which, may be placed, excessive grief; but as it is not my intention to enter into a full examination of this subject, I shall only attempt to point out to you the immense importance of that mental dis-

cipline, which will enable us to meet the adverse scenes of this life without sinking under them.

As females, from the higher sensibility with which they are endowed, their life of retirement and solitude when compared with that of the other sex, and the abundant opportunities which they possess of indulging their feelings, while men are forced into the noise and bustle of the world, stand most in need of this mental discipline, it should be carefully attended to in their earliest moments. They should be taught to familiarize themselves, to a certain extent, with scenes of distress, and to contemplate those events which may happen unto all—adversities of fortune, the loss of friends, &c. But above all, they should receive those principles of virtue and piety, with a full conviction of the justice and wisdom of every dispensation of Providence, on which alone, anything like proper mental discipline must depend. All this must be of infinite importance, if it is only to fit them the better for this life. That it will be sufficient to bear them uninjured above every affliction, can scarcely be expected; for there are those which crush the human heart at once, the stroke of which may be compared to the resistless thunderbolt. But far the

greatest proportion of our calamities come not without some premonition, and thus give us a little time, if I may so speak, for rallying our powers to meet them.

There is one custom, (and, I regret to say, it is, to a certain extent, fashionable,) which is often attended with pernicious consequences. I allude to that of ladies in affliction, shutting themselves up in their houses for a certain number of months, and thus excluding themselves entirely from all society. Now, this is only adding gloom and melancholy to grief, and should not be encouraged. The duties we owe to ourselves and those around us, are greater than those we owe to the dead, and should prompt us to every exertion to surmount our feelings. We should imitate the King of Israel, after the death of a favorite child, rather than sacrifice the interests of our families, and our own health, by immoderate grief.

One of the most common effects of the depressing passions, is deranged digestion : but they often lay the foundation of far more dangerous maladies.

The celebrated Laennec says, “ among the occasional causes of phthisis, I know of none of more assured operation than the depressing passions, particularly if strong, and of long continuance ; and it is worthy

of remark, that it is the same cause which seems to contribute most to the development of cancers, and all other accidental productions, which are not analogous to any of the natural tissues. This is, perhaps, the only cause of the greater frequency of consumption in large cities. In these, the single circumstance of the inhabitants having more numerous relations with one another, is, in itself, a cause of more frequent and deeper vexation; while the greater prevalence of immorality of every kind, is a constant source of disappointment and misery, which no kind of consolation, and not even time itself can effectually remove."

"I had under my own eyes, during a period of ten years, a most striking example of the effect of the depressing passions, in producing phthisis, in the case of a religious association of women, of recent foundation, which never obtained from the ecclesiastical authorities, any other than a provisional toleration, on account of the extreme severity of its rules. The diet of these persons was certainly very austere, but it was, by no means, beyond what nature could bear. But the ascetic spirit which regulated their minds, was such as to give rise to consequences no less serious than surprising. Not only was the attention of these women ha-

bitually fixed on the most terrible truths of religion, but it was the constant practice to try them by every kind of contrariety and opposition, in order to bring them, as soon as possible, to an entire renouncement of their own will."

He says the consequences were the same in all, and after four or five months in the establishment, consumption invariably manifested itself.

"As no vow was taken in this society, I endeavored to prevail on the patients to leave the house as soon as the consumptive symptoms began to appear, and almost all those who followed my advice were cured, although some of them exhibited well marked indications of the disease. During the ten years that I was physician to this association, I witnessed its entire renovation two or three different times, owing to the successive loss of all its members, with the exception of a small number, consisting chiefly of the superior, the grate-keeper, and the sisters who had charge of the garden, kitchen and infirmary. It will be observed, that these individuals were those who had the most constant distraction from their religious tasks, and that they also went out pretty often into the city, on business connected with the establishment."

Most physicians, I believe, have seen cases which go to prove the correctness of the opinions of Laennec, and now and then they are called to witness those melancholy instances to which I have alluded, in which nature sinks at once under the suddenness of the calamity, and either the mind is forced from her seat, or the whole system sustains a shock from which it never recovers.

In 182—, I was requested to attend Miss Anna —, aged about nineteen, rather small, with dark hair and eyes, an oval face, and what had been a beautiful pink and white complexion. She was evidently laboring under confirmed consumption. Her history, which I heard from her friends, was to me replete with interest.

From the age of seventeen, an attachment had existed between her and a worthy young man four or five years older than herself, which appeared so mutual, so tender, so undivided, that it attracted the attention, and was often the topic of conversation in the whole neighborhood.

Her father, who was a respectable and independent farmer, lived in a very charming but retired situation. His house was neat and commodious, placed upon a pretty eminence, in front of which was a broad and

beautiful meadow, stretching about half a mile to the right and left, here and there interspersed with clumps of trees, and through which a little rivulet flowed in graceful meanderings. This meadow was the bottom of a valley formed by gentle hills on two sides, and was traversed near the foot of one of these ranges, by an excellent road. It was not the property of a single individual, but constituted a part of several farms, and was abundantly irrigated by the rivulet. It was seldom that any part of it required ploughing; of course from spring to autumn it presented a broad expanse of the richest green.

In rear of the house was a considerable ascent, constituting a part of the hills above mentioned, and from its top, which was covered with a grove of sugar maples, the prospect was really delightful, taking in a wide extent of the opposite hills, which were principally devoted to tillage, with the meadow forming a verdant carpet at their feet; numerous farm houses scattered here and there; a glimpse of the village church, a neat white building in the distance; and the back ground was filled up by a range of higher hills, whose tops were crowned with woodland. Few could visit this spot of a summer's day, when groups of cattle were seen

peacefully grazing, or calmly reposing in the shade ; the busy husbandman urging on his lazy team, and the ripening grain luxuriantly waving on the hills, while the stillness of rural retirement was broken, from time to time, by the lowing of herds, or the cheerful hum of the distant laborers, without insensibly falling, (if pensively inclined,) into the most delightful reveries.

There is something in the quiet of a country view that soothes the mind—though I confess it often fills me with a sort of melancholy, the cause of which would be difficult to explain. It is not that it brings up unpleasant recollections—it is not that my thoughts dwell with regret upon the unalloyed pleasures of my boyhood, spent amid the lovely scenes of one of the most romantic parts of the United States—it is not disappointment—it is not the remembrance of any severe affliction,—neither of these have I known : it is probably from the communion of the soul with nature herself, and the consciousness of the mutability and constant decay of all things, awakened by the recollection, that a few days and the verdant landscape shall be covered with hoar-frost, the foliage stript from the trees, and the whole vegetable world clothed with mourning. I have spent much time in Westmin-

ster Abbey and Père la Chaise—I have lingered about the unostentatious tombs of Tasso and Virgil, and have leisurely contemplated the Coliseum and the ruins of Pompeii, but never have I felt the vanity of human life, and the nothingness of every thing terrestrial more fully, than when gazing alone upon some of the sequestered scenes of my native country.

Of the grove of sugar-maples, which I have mentioned, Anna and Mr. —— were very fond; and often have they been seen sitting upon the trunk of a fallen tree, enjoying the cool shade “for whispering lovers made,” and the wide extended view of the valley below them, while the setting sun threw his last, slanting rays from the western hills, and the gathering shades of evening warned them of the hour for returning.

He visited her often, and it was their regular custom to stroll across the fields after the heat of the day had subsided, or during the twilight. Her dress was always simple, though scrupulously neat, commonly a printed calico or white, and the profusion of her dark, glossy tresses was but imperfectly concealed by a green silk sun-bonnet. No one could see her so young, so unsuspecting and innocent, hanging on his arm, while her soft, dark eyes frequently rested

on his manly features, without exclaiming, this indeed is real attachment. Their souls seemed united in one; they lived, they breathed but for each other. In a few months they were to have been united at the altar.

One evening as they returned from their walk, her brothers, with some of their companions, were amusing themselves before the door in leaping. In order to give greater momentum to the body, they held in each hand a heavy weight, which, by swinging several times backward and forward before leaping, enabled them to go farther than without it. It will at once be perceived that this is a very violent species of exercise, not only for the lower limbs, but for the arms and chest. From a fondness for athletic exercises, Mr. — was induced to join them, and made several leaps without the weights, but not coming up to the mark of the others, he attempted with them; but in the act of jumping, something gave way in his chest, and in an instant blood gushed from his nose and mouth. He had burst a blood vessel.

Poor Anna's feelings cannot be described, when she saw him, pale and faint, led into the house, and placed upon a bed. It was one of those dreadful accidents that fill us

with consternation at the moment, and with alarming apprehensions for the future. It fell like a thunderbolt upon her, and she instantly saw all her bright visions darkened, and the hope of earthly happiness dashed from her forever. A moment before, all nature was to her bedecked with smiles, and her heart lightly responded to the pleasure every scene afforded. But now how changed, and but for one faint hope, all would have been to her a

“ Total eclipse—no sun, no moon—

“ All dark amid the blaze of noon.”

I shall not dwell upon particulars. The imagination can easily paint what language cannot describe. Suffice it to say, he survived but a few days, and during that time Anna scarcely left his side. To the last moment he had all his faculties clear and undisturbed, and clasping both her hands in his, and looking a last farewell when his tongue had refused its office, he expired without a groan.

Anna's exhausted strength now entirely left her, and she sunk senseless beside his lifeless body. Her weak nature could sustain no more, and for a time total forgetfulness relieved her of all her pains. But she

at length revived to all the bitterness of her pitiable lot.

Some weeks after this heart-rending event, she had recovered sufficient strength to walk about. But oh! how changed. Instead of the blooming, smiling, happy girl, instantly winning the hearts of all who saw her, she was but the shadow of what she had been, and grief was stamped upon every lineament of her face. Nor was this common grief. Not a tear bedewed her long, soft eye-lashes—not a groan escaped her. She was calm, silent, and composed; but from her blanched features, and an occasional deep sigh, it was easy to perceive that the heart was gathering about the citadel of life every drop of the vital current, and must ultimately burst in the struggle to relieve itself.

While her strength permitted, she would almost daily wander to the little grove, and sit for hours on the fallen trunk, where so often their mutual vows had been repeated, and even when the cold winds of autumn whistled through the leafless trees, and the faded loveliness of nature was shrouded in an icy pall, she was occasionally seen at the hallowed spot. As the cold weather advanced, she began to suffer from pains in the side, and cough, which demanded me-

dical assistance. She cheerfully submitted to be bled and blistered, which, with other remedies, afforded considerable temporary relief. But her disease silently advanced, and the hectic flush upon her cheeks, that now mocked the rose's hue, told but too plainly that this lovely flower was decked with unwonted bloom, as a token of its speedy decay.

She passed the winter, however, without great corporeal suffering, though her health continued to decline, and in May, was still able to sit up a large part of the day. She conversed with considerable cheerfulness, and spoke of her declining strength without the least apparent emotion. She was all gentleness to those who attended her, and never did I see a frown upon her countenance, or hear an unkind word escape her. Her manner, though pensive, was not at all gloomy; and it was evident that she regarded her approaching dissolution without the least dread. Nor was this the effect of the apathy sometimes observed in consumption. It was undoubtedly owing to a perfect resignation to the will of Providence, and the sustaining power of a mind deeply imbued with early piety. Life had evidently lost its attractions for her, and death was divested of all its terrors.

I sometimes spoke of the genial influence of the approaching warm weather upon her complaint, and the possibility of her recovering ; but a pensive smile, and a look of entire incredulity, told how far she was from flattering herself with any hopes of that kind. In fact, she seemed to look forward with pleasure to the moment that should unite her to the one she had loved more than all other earthly beings.

In her dress, she continued what she had always been—scrupulously neat, but perfectly simple. Indeed, this was the natural effect of the spotless purity of her mind, and arose entirely from a sense of propriety, and not from vanity. She was a child of Nature, and had always looked with the rapture of a child upon Nature's works. Of plants and flowers she was particularly fond, and was seldom without some of them about her ; and when the first wild flowers of spring had made their appearance, she had them placed in water near her, and would often gaze upon them till the tears glistened in her eyes ; and though it was easy to guess what was passing in her mind, she rarely gave her thoughts utterance. It was evident that her tears were not those of ordinary grief ; they were called forth by the language of the flowers, soothing her wounded feelings,

as those of a child are excited by a tender tale.

I have no doubt that the mind owes much of its peculiar character to the scenes with which our infancy has been conversant. Hence the inhabitants of mountainous countries, as Switzerland, are reputed brave and generous. The grandeur and sublimity of the inaccessible Alps, must tend to fill the soul with lofty emotions, while the softened beauties of Italian scenery—the matchless sky—the balmy mildness of the air—the luxuriant carpet on which Nature seems to repose in voluptuous ease, all tend to produce fondness for poetry and music. Even the language of mild latitudes, flows in melodious sweetness, when compared with the harsh, dissonant dialects of the cold and rugged north. In rural retirement, we often meet a strong enthusiastic admiration of the works of Nature, of which those who have always resided in a city, though they “may babble about green fields,” commonly know but little; and I am much inclined to believe that the mind of Anna had drawn much of its peculiar character from the calm, sequestered, romantic views on which her infant eyes had first gazed.

One mild sunny morning in June, I called to see her, and found her bolstered up on

a light cot opposite a window, that commanded an extensive prospect of the broad meadow, which was now clothed in all the verdant freshness of the season. The air was balmy and soft, and all nature seemed to smile. She had been contemplating the lovely scene, and probably contrasting her present state with the bright visions that a twelve-month since flitted across her brain, when a long prospect of undisturbed felicity seemed extended before her, and time beguiled by "love's young dream," passed unheeded on. Yet her eyes were lighted up with unusual brightness, though her soft eye-lashes had been evidently moistened by tears; and her cheeks resembled the petals of the rose, placed among those of the expanded lilly. She had on a plain white robe, with ruffles about the neck and wrists. Her dark locks were simply parted on her forehead, and retained by a neat cap; and the pearly whiteness of her hands and neck seemed to rival that of her dress. By her side lay a pocket edition of the New Testament, with her name on the cover; and as the clasp was open, she had probably been reading it. I had often seen it lying on her pillow, or on the stand by her bed, and have no doubt, from the value she appeared to place upon it, that it was one of

the first tokens of her lover's attachment. I had also noticed that she always wore a small breast-pin, with a lock of hair in it, which was almost the only ornament of the kind I ever saw upon her person ; and often have I seen her eyes rest upon it for a moment, and then a suppressed sigh would escape her, which plainly told that this, too, was an early pledge of the most undivided affection. Instead of its being in her dress as usual, I now perceived that she had it in her hand.

Never did I contemplate a more interesting picture, or one more calculated to fill me with melancholy emotions. Oh ! there is a loveliness about that ruthless disease, that seems to rob it of half its terrors ; and its descent to the grave is often so slow, so gentle, so imperceptible, as to despoil it of half its gloom.

To my enquiry how she found herself, she answered with an angelic smile, "I shall soon be well ; my sufferings are nearly over." I was prepared for this, for she had been religiously brought up, and had evinced that fervent piety which alone renders a death-bed happy. She seemed aware that she would not survive the day out.

I am not superstitious, nor do I credit all that has been told about different persons

predicting their own death ; but I have more than once witnessed in my course of attendance upon the sick, this presentiment of approaching dissolution. I am at a loss to what cause to attribute it, unless it be a sort of consciousness of our nature, if I may so speak—of the inability to resist any longer the progress of the disease. Of one fact I am certain ; that death is very apt to take place when there is a full conviction that it is inevitable. Indeed, this has been observed even among people who are but partially civilized. An acquaintance of mine, who had been a physician in the East India Company's service, has told me, that when the natives were attacked with any of the diseases of that country, and declared that they should not recover, as was frequently the case, it was almost invariably a fatal symptom.

There was nothing in Anna's appearance in the morning calculated to excite alarm. She seemed as she had for many days past, and had the perfect possession of her faculties ; but towards evening, her breathing became laborious, and she felt that her end was near, and deliberately prepared to meet it. She addressed her younger sister in the most endearing terms ; calmly pointed out to her the vanity of youthful hopes, and en-

treated her to consider her own premature end as a solemn admonition. She besought her disconsolate parents not to weep for her, but assured them that she should soon enjoy the full fruition of the blest. Her manner was so mild and meek, her language so persuasive and eloquent, from a consciousness of its being her last address, together with the calm and subdued, though heart-rending affliction of her family, rendered it a scene which can be conceived, but which it is impossible to depict. She took an affectionate leave of all, and in kissing her mother for the last time, she put into her hands the Testament and breast-pin, saying with an entreating look, "dear mother, will you take care of these?" She had kept them till the last moment, with that fondness peculiar to the sex, and had seemed to look at them again and again with renewed pleasure, though they constantly brought to her mind the fatal event that annihilated all her earthly hopes, and had, alas! so soon opened to her the portals of the grave! The embrace was long and tender, and when she leaned back on the pillow again, her feeble nature seemed entirely exhausted, and she sunk into a calm slumber, as peaceful as that of the child, wearied out with its own little cares. It was the last long sleep,

from which frail mortality was no more to be roused; and her meek spirit took its flight so quietly, so gently, that those who stood by knew not that it had departed, till respiration had entirely ceased for some moments. Not a muscle was moved—not a feature was distorted, and the expression of her sweet countenance was as placid as the calmest repose. Never was death more perfectly robbed of its horrors. Never was that fair fabric, the last and most perfect of all of Nature's works, more lovely, more beautiful, after the bright emanation from the Deity—"the breath of life," which once quickened and animated it, had quit its tenement, to be united to the great source from which it sprung.

CHAPTER VIII.

IMPRUDENT MARRIAGES.

READINESS WITH WHICH PARENTS BESTOW THEIR
DAUGHTERS UPON THOUGHTLESS YOUNG MEN—
THE YOUNG ENGLISHMAN—THE GAMESTER.

I HAVE often been surprised at the readiness with which a great majority of parents allow their daughters to marry gay, thoughtless young men, who have never given any evidence of established habits, or exhibited the stability of character necessary to conduct with propriety the affairs of a family. Respectable parentage, the prospect of a tolerable support, and the absence of any glaring vices, are considered sufficient. If a young man be a little wild, we are told he will become steady as soon as he is married. If he be fond of the midnight revel, and now and then requires the assistance of a friend to get him home, we are assured that a wife will immediately render him domestic ; and if profane and irreligious now, he is to become moral, if not religious, when a husband. Thus virtue is augured from present vice, sobriety from irregularity, and temperance from dissipation ; and a daughter

possessing perhaps every qualification necessary to make herself and others happy, is trusted to one who must become altered in every respect, before he can be in reality a good husband.

Now do we reason in a similar way in other matters? Do we expect good to come out of evil? Is it not then more rational to suppose that a wild, giddy young man is more likely to make a bad husband than a good one? In truth may matrimony be called a lottery, when it is thus imprudently entered into; and one, it strikes me, in which there are far more blanks than prizes.

That matches are too often made up from sordid motives, and human happiness thus bartered for dollars and cents, I need not tell you; and that the respectability of a man's connexions is often a passport to the hand of a lovely female, when he has scarcely a personal qualification to recommend him, you well know. With a portion of the world, this has always been the case, and, probably, always will be. Do you ask what is to be done? Are we to refuse the offers of young men of family and fortune, because they are rather wild? If you do not choose to risk the happiness of your daughters, most certainly you will.

Americans commonly marry too early—

much earlier than the people of other countries. Would it not be better for them to wait till they have acquired steady habits, which is ordinarily by twenty-eight or thirty? If their gaiety is only the effervescence of youth, wait till it has subsided. But above all things, think not of allowing a daughter to attempt the romantic task of reforming a rake.

There are many advantages in a man's not marrying before thirty. His character is then established—his mind sufficiently matured—a tolerable opinion can be formed of him as a man, and he is more competent to judge of the female suitable for him. Instead of boyish fancy, you will then have a more rational love; the risk to the female will be greatly diminished, and the probability of domestic happiness proportionally increased. But perhaps it is useless to spend much time in arguments on this subject, for if they could be adduced as clear as the noon-day sun, and as convincing as holy writ, most persons would still be governed by their own inclination, or rather, I should say, the no less powerful inclinations of their children.

I have often witnessed the unhappy consequences of imprudent, early marriages. I have seen female loveliness blasted, ere

it was yet fully expanded ; a being calculated for happiness rendered unspeakably wretched ; and children born in affluence cast fatherless and destitute upon a pitiless world. I have seen the wife possessing every virtue that could endear her to a rational man, and render her the object of his tenderest cares, driven distracted by the wild extravagances of him who had sworn to be her protector ; I have seen the bloom and cheerfulness of youth prematurely give place to the pallid wrinkles of anxious age ; the bridal ornaments exchanged for widow's weeds ; and the form, yet scarcely perfected, bowing with sorrow over the grave of a husband, who had wantonly destroyed himself by dissipation, and embittered the existence of her whose happiness he was bound to promote. Ah ! devoted woman ! how often is thy heart entrusted to an unworthy keeper, like the lamb entrusted to the wolf ?—How often is he who has gained thy affections, and led thee away from all the loved scenes of thy childhood, the author of all thy woes !

I said, I have often witnessed the unhappy consequences of imprudent early marriages, and I now recollect no one instance which more deeply interested my feelings, or was more strikingly in confirmation of the truth

of the remarks I have just made, than the following :

Emma —— was the daughter of a highly respectable merchant, who possessed a handsome property, and had always moved in the first circles. He was a prudent man in his commercial transactions—seldom embarked in any doubtful speculations, or ran any great risks, but generally managed to realize a tolerable per centage on his capital. He spared no expense in the education of his children ; of course, his daughters had all the advantage that wealth and acquaintance with the best society could give them.

Emma, at the age of seventeen, was rather below the medium stature, but her figure, though slight, was exceedingly graceful and elegant. She had very expressive blue eyes, brown hair, a fine complexion, regular features, and without being what would be called by nice judges, really beautiful, was admitted, by every one, to be a fine looking girl. This was probably not so much to be attributed to any peculiarity of features, as to the animation and intelligence with which they were lighted up, and which at once indicated great quickness of perception, strong feelings, and a highly cultivated and refined mind, while all her movements possessed that quickness and

elasticity which we generally find associated with a vigorous and active intellect. Her manners, though rather distant and retiring to the stranger, bespoke great sincerity and ingenuousness of character, and her conversation, which exhibited talents of no ordinary stamp, was strongly tinctured with that enthusiasm which often borders on the romantic, and which indicated a soul susceptible of deep toned sentiment.

It is unnecessary to say she was the idol of her father; for where is the father who would not idolize such a daughter. She was much admired by men of sense of all ages, though she was no favorite with the exquisite, who was forced to consider her as a being above his sphere, as quite too intellectual; and on whom his insipid remarks were entirely lost.

Before she was eighteen, she became acquainted with Charles ——, a young Englishman of family and fortune, who had been educated for the army, but had never taken a commission, in consequence of the early death of his father, and his being thus left in possession of his fortune. He was one-and-twenty, tall, and remarkably well made, with large black eyes, dark hair, high manly forehead, and large, but regular features. Without going farther in describing

his features, I will barely remark, that when I first saw him, he was one of the most elegant men I have ever met—nor were his manners less strikingly pleasing than his person. Whatever he said or did, bespoke courtly refinement ; his voice was manly and harmonious, and his conversation was so intermingled with strokes of wit and good humor, that it could not fail to be agreeable, while the frankness and carelessness with which he spoke, had a tendency to convince one of his honesty of heart, and entire want of dissimulation. He was generous to his friends, and liberal in his expenditures to an extent that must be censured by the more prudent, as it not unfrequently bordered on extravagance, and his whole deportment bespoke the man of the world and the gentleman. But his fondness for pleasure, or rather the amusements of fashionable life, was excessive. He kept fine horses and dogs, rode uncommonly well, was an excellent shot, and had spent much time in field sports. All this was no more than might be expected in a young man of fortune, and at his age, and could hardly be considered censurable ; but he did not stop here. In consequence of his great wit and polished manners, his society was much courted by the gay and dissipated, and a great propor-

tion of his nights was spent amid those scenes of conviviality and debauchery, so common in large towns. As these deeds of darkness seldom come to the knowledge of respectable females, his profligate habits were but little suspected by them; and they only saw in him, a young man of elegant person, captivating manners, and a noble heart; in fine, without a single fault, except those, if faults they could be called, which arise from the thoughtlessness and inexperience of his age.

Few men could be more successful in winning a lady's affections than Charles, for he appeared all that she could admire, love and esteem; of course, wherever he turned his eyes, they encountered nought but smiles of approbation; and he saw himself the very sovereign of hearts. But the once pure current of his own breast was already poisoned. Young as he was, his excessive indulgences among profligate females had completely blunted all the delicate and refined emotions of the soul, and he looked upon a lovely woman, whose greatest loveliness consists in the spotless purity of her mind, only as a being capable of administering to sensual enjoyments.

Emma's father was pleased with Charles, though his good sense told him that his im-

moderate love of pleasure was decidedly dangerous. He thought, however, as people think in similar circumstances but too frequently, that Charles would become more steady with years, especially if married.

Need I repeat, how often has this false reasoning consigned a daughter to wretchedness and misery, and brought down a parent's grey hairs with sorrow to the grave?

He considered an alliance with Charles as very desirable, and, as a commercial man, could not look with indifference on his fortune, which had been greatly overrated.

As to Emma, she believed Charles to be every thing worthy of a woman's love—indeed, he was to her the beau ideal of manly excellence.

Her father soon discovered her attachment, and used all prudent measures to promote his daughter's wishes. He treated Charles with marked attentions—invited him often to his house, and cautiously seized opportunities of placing Emma's interesting character before him, in the most pleasing points of view.

Charles was pleased with Emma, but he felt nothing of the pure flame that was glowing in her bosom, and he was too discerning not to see through the father's civilities, and to read the secret of the daugh-

ter's heart. He had, in reality, no wish to marry; but he was, at times, half inclined to offer himself to Emma, perhaps, in part, from a love of novelty, and in part, with a good natured desire to gratify her family.

As may be supposed, his conduct was any thing but steady and unwavering. At length, after much trifling and delay, after having wrought up the poor girl's feelings almost to a pitch of distraction, by at one time appearing the ardent lover, and at another, flirting with some one else—by now calling daily, and then staying away for weeks without any just cause, he offered himself, and they were married.

Emma now thought her happiness complete. Her attachment to her husband was not only of the purest description—she adored him as a being more than human, who was all her own; and attributing to him all the excellencies of her own character, her devotedness would have led her to sacrifice every enjoyment but that of his society, every friend on earth but him, and even life itself, for his sake.

I am confident this is no exaggeration—a most intimate acquaintance with them for several years, afforded me abundant proofs of the correctness of what I have asserted. Alas! little did she anticipate the trials that

awaited her, or how very soon her golden dreams were to be broken.

They had not been long married, when it became evident that Charles' propensities were not altogether changed, or his fondness for the society of his gay companions and his midnight revels at all abated, by being a husband ; for he did not hesitate to be out all night, occasionally, and to spend days together from home, in amusements in which his wife could not participate. The fact was, that instead of that ardent attachment which would have induced him to consult her happiness in every thing, he loved her only as he had loved his mistresses, and never hesitated a moment between his own gratification and her feelings.

I will dwell no longer on this part of their history, but pass directly to that period which, to me, was most interesting.

They had been married about five years, and Emma was the mother of two children, the elder a girl, and the younger a boy ; and more lovely children I never beheld. To an inattentive observer, she had not materially changed ; her countenance still beamed with intelligence, still charmed the beholder, though not unfrequently a cloud flitted across it, which told the discerning eye, that all was not tranquillity within.

But Charles was changed—yes, sadly changed. Instead of the erect, active man he was five years before, he stooped a great deal, and his movements were languid and feeble. He had lost much flesh, and his hand trembled at times. His fine features, which once no one could behold without admiration, then blooming with health, and beaming with smiles, were now shrunk, pale, and indicative of great irritability, and dis-relish for every pleasure.

Need I tell the cause? From the occasional immoderate use of Champagne and Madeira, when surrounded by his associates, he had gradually advanced to the more potent stimulus of gin and brandy; and not only employed it now as a spur to conviviality, but poured it out profusely in secret libations to that god, whose smiles are disease, whose special favor, death.

His patrimony, too, had imperceptibly melted away, and he began to be annoyed by bills and duns which he had not the means of satisfying, and already felt, in anticipation, the inconveniences of want. In addition to all this, his health began to break down from the repeated violent shocks it had sustained, and symptoms indicative of incipient disease of the lungs were rapidly developing themselves.

As he now began to suffer considerable pain and shortness of breath, he was persuaded to abstain entirely from all stimulating drinks, and to adopt a course of remedies, and a regimen suitable to his case. For several weeks he steadily adhered to this plan, and the alteration for the better, in his appearance, was truly remarkable. His friends had strong hopes of an amendment in his life, and poor Emma was again all smiles and cheerfulness.

He was permitted to leave the house and take exercise in the open air, with quite the appearance of returning health—when, one morning he received an invitation from some of his friends, to a little anniversary dinner.

He was sitting, at the moment, on one end of the sofa, with a newspaper in his hand, and his wife, in a neat morning dress, was seated on the other end, sewing a bit of ribband upon one of her children's frocks, with her work basket at her feet. The younger child was asleep in the cradle, and the older one was on the floor near it, playing with a favorite dog. The whole would have made a pretty group for the pencil, and might have been taken for a representation of domestic felicity.

Alas, how false are appearances ! How

often does the giddy world mistake ease and apparent comfort, for happiness! and how often are individuals supposed to be free from care and solicitude, when the head never presses the pillow but with some painful emotion, and the eye never rests upon the fair face of Nature, smiling in all the loveliness its great Creator has imparted to it, but it is dimmed by some gloomy recollection. The treasures of the east may surround you, and the world may spread all its alluring and gilded charms before you, but if the canker worm lies concealed at the heart, you will turn from them with sickening disgust, and justly envy the quiet joys of the humblest peasant, who eats at night the hard-earned fruits of the day, and then gives himself up to the kind solace of repose, undisturbed by the feverish restlessness of ambitious desires, the silent anguish of concealed regret, or the ceaseless corrodings of insatiate remorse.

“Charles,” said his wife, “you will not go, I am sure,” in a half enquiring tone. “Why not?” said he. “Because it will expose your health,” was the reply. “Nonsense,” said he, “I am perfectly well, and I know it will not hurt me.”

A variety of arguments were next employed on her part, to turn him from his pur-

pose, without avail, and my advice was met with "dont try to frighten me, my dear doctor—thanks to your skill, I feel myself quite well, and there can be no harm in going, as I am determined to be prudent."

I have said that Emma possessed remarkable talents—indeed, she was gifted far above the majority of her sex in the skilful management of an argument, and when considerably interested, was really eloquent. On this occasion, all her fears for her husband were awakened; his life appeared to her to be at stake, and with it her own happiness, and that of her children; and never did I see her so earnest, so happy in the expression of her feelings, so irresistible in her reasoning—in a word, never did I see her to such advantage, and I could not refrain from thinking that, had she married a man whose mind was elevated and enriched like her own, who was calculated for domestic enjoyments, and could have returned all her devotedness and affection, with the fondness and constancy which it merited, she might have been not only one of the most charming and intellectual of her sex, but one of the happiest.

Yet what anxiety and distress had she already suffered, and was still to suffer, in

consequence of having entrusted her happiness to a thoughtless young man.

When Emma saw that he was resolved, and that all she said did not move him, she threw herself on her knees, at his feet, and pointing to her children, while the tears fell in torrents, said, "I entreat you, as you value the happiness of these darlings, and of your wife, do not go." This put his sensibility to the test, for the man who could have seen unmoved, such loveliness and worth in tears, at his feet, must have had the heart of a tyger; and one would think, that however far gone he might have been in the ruinous course of intemperance, and its attendant vices, a scene like this must have forced from his trembling grasp the poisoned goblet, and awakened in his bosom those slumbering sensibilities which would have resistlessly turned him from his mad career. But man, when he has once tasted the deadly draught, and yielded his soul to its accursed spell, is more persevering than the devils themselves, and even the arm of omnipotent vengeance scarcely turns him from his course.

Charles raised his wife, and said kindly, "don't be childish; I will see about it, and shall not go if it will make you unhappy;"

at the same time I plainly saw that he did not, in the least, relinquish his first determination. After some time, by promising to return early, and to taste nothing but a little claret, he managed partially to quiet his wife's fears, and to wring from her a reluctant consent to his going.

The moment he was gone, her fears revived afresh, and she reproached herself for having consented to what he would unquestionably have done, had she opposed him to the last. During the evening it was difficult for her to control her feelings. Midnight came, and Charles did not return; and the hours rolled heavily on till morning, each only increasing her anxiety. Her mental agony can now be more easily imagined than described: she paced the room, pressed her little ones to her bosom, rung her hands, and seemed already to anticipate what she was shortly to realise. Eight o'clock came. Could it be possible he would not come home to breakfast! What was to be done? Had any accident happened to him? That could not be. Might not a servant be sent to inform him that breakfast was waiting? Few, who knew Charles' temper at such times, would think of this. At last, between twelve and one, he came home. He walked without difficulty, for he rarely became so over-

powered with drink as to be unable to walk; though others, who had taken no more than he had, were under the table.

He had what is called a strong head, and could drink an enormous quantity without being actually drunk.

As he entered the door, Emma gave a faint scream, and became nearly senseless. His looks gave the finishing stroke to the dreadful picture her excited imagination had sketched, and she gazed upon him as upon one returned from the grave. His look was haggard and deadly pale—for the intoxicating draught had ceased to drive the crimson current to his face. His lungs were now the enfeebled parts, and the outraged heart seemed to avenge itself, by driving with fury all the vital fluid to these organs. His eye was wild, and his whole visage wore an unearthly smile, that seemed to say, for the last time, I have had my way.

Wretched man! He had drained with insatiate thirst the cup of pleasure to the very dregs. He had exchanged the pure bliss, which his own fireside might have imparted, for the bacchanalian mirth, and had left the embraces of an angelic wife and her lovely children, for the loathsome breath of bloated debauchery.

Ah ! tender, unsuspecting woman ! how often does he, to whom the God of Nature has given thee, to be the companion of his joys and the solace of his cares, not only violate the divine injunction to cherish and protect thee, but wantonly bruise and crush thy devoted heart by unkindness and neglect, and send thee to an untimely grave by his own unbridled folly. But the day of retribution will come, when he who has misused the talent that was entrusted to him, and appears unrepentant before the awful tribunal, shall receive the merited award of his guilt.

Charles went directly to bed, and after a short, heavy slumber, was awakened by a deluge of blood from his lungs. All were seized with consternation except Charles, who appeared but little agitated. The bleeding was soon stopped, but now his case was considered as nearly or quite hopeless.

For a time, remedies alleviated in some measure his symptoms, but nothing more. He had given the last blow to an excellent constitution, and was now speedily to pay the price of his folly.

It was unnecessary to inform him that his case was desperate, he felt within himself that it was so ; and, strange as it may seem, did not appear to regret it. He was evi-

idently sated with pleasure, and had very little reluctance at leaving a world that could no longer excite his desires.

For several weeks he gradually wasted away, in spite of every effort to retard the progress of his disease. During this time, nothing could equal the devotedness of his wife. She hung over him like a ministering angel, without being conscious of fatigue, or thinking of repose. She was evidently not without hopes of his recovery; and when any thing occurred to place before her the possibility of losing him, her whole conduct seemed to say, it must not, it could not be. She anxiously watched every change in his countenance, and her expressive eyes either beamed with hope, or were dimmed with tears, as he looked cheerful or sad.

He, too, for the first time in his life, became conscious what a treasure he possessed in that inestimable wife; and would often say to me when alone, "do not say any thing, doctor, in Emma's presence, to excite her fears. Poor thing, it will be hard for her." He constantly put the best face upon his complaints, in order to quiet her anxious mind; and occasionally spoke of the advantage he might derive from riding out, as soon as his strength would admit of it. This was mere talk, for I cannot think

he expected ever to be stronger, when he felt that he was daily sinking.

One morning, as I was sitting with him alone, the conversation, which had been on general topics, flagged a little, when he looked at me attentively for a moment, and said, "you appear to enjoy excellent health, doctor." I replied, "my health is uniformly good, though my constitution was never robust."

He paused for a short time, and then continued: "I have had a constitution of iron, but I have been a d—d fool, and have destroyed it. A few years ago, I could bear any thing: up every night in the week—exposure of every kind—all sorts of irregularities, and hard drinking, scarcely affected me at all. While I lived at —, in Devonshire, I was one of a wild set. We were not far from the same age, and stopped at nothing. Day after day, for weeks together, we spent in different field sports,—dined at six and drank till ten—and often have they all been carried to bed drunk but myself. I could put them all under the table, without losing myself. But it was all folly—worse than madness. Several of them have gone off in a hurry, within these last few years; and it will not be long be-

fore I—” He paused, and looked serious, and something like a sigh escaped him.

“ And then we had such mad frolics now and then, some of which cost me a great deal. None of them had more cash at their disposal than I had, and some of them were hard run at times. Of course, I often paid for them. And what did I ever get for it all? Why the name of a good fellow, and not so much as thank ye besides. Ah, boys had better be without money, than have too much of it. None of my school-mates have turned out well, except those who were poor; and but few of those who were very rich, are now alive.”

Wishing to hear still more of what he thought of the course he had run, I said, “ no doubt you enjoyed yourself very much.”

“ Enjoyed myself!” said he, “ what kind of enjoyment was it? To be sure, I went all lengths—was first in every thing, and quite the admiration of my companions.—But how little did it satisfy! It does not bear thinking of. It was a sort of delirium—mad, stark mad. But it was more the manner in which I was brought up—the expectation of a large fortune, and the society into which I was early thrown, than any natural propensity in me. Probably, had I

been born poor, I should have been a steady fellow : I might have risen to respectability in the world. But it was not my lot—and temptations are not easily resisted by those who have all the means of indulgence within their reach. I was flattered by those who were as mad as myself ; was proud of always leading the way, and before I was aware of it, that cursed habit of drinking was firmly fastened on me, and now I feel the effects of it.

“And then,” said he, “I was fool enough to get married. What the devil did I want of a wife ?”

I replied, “I suppose you were in love, and could not resist.”

“Not a bit of it,” said he ; “it was all a boyish business. Emma was certainly a charming girl, and very fond of me, and her father was evidently anxious it should take place.

“This is *entre nous*,” he continued, lowering his voice, “poor thing, I have given her a great deal of uneasiness.”

This last remark showed that he did not regret having married so much on his own account, as that of his wife, whom he had cost so many hours of anxiety and grief.

I inquired if he had never felt disposed to rid himself of his bad habits ?

“Oh yes,” said he, “a thousand times, but I had not fortitude sufficient. I saw, plainly, that I had got into the whirlpool, and knew where it would bring me up at last; but I found it easier to give up to it than to extricate myself; and to say the truth, I had had so much of pleasure and dissipation that I was sick of it, and sick of the world—at least, I did not care a d—n what became of me.

“This may seem strange to a man of your habits and modes of thinking, doctor, but it is as true as the gospel.”

I was in the habit of regularly visiting him, morning and evening, and could perceive that his cough and shortness of breathing were daily getting worse.

As he felt his end approaching, he began to feel the importance of a preparation for another state of existence, and had latterly received the very frequent visits of Mr. —, (the clergyman.)

At length these interviews had become very interesting, and altogether satisfactory to Charles' friends, who found his mind in a widely different state from that in which it had been previous to his illness.

If he had formerly looked upon death with a sort of reckless indifference, I believe he now contemplated it as a great and dread-

ful change, but with entire composure. He expressed no wish to recover, for he evidently dreaded the danger of falling into his former errors again; and he felt that his untimely fate, as brought about by his own conduct, was strictly just, of course submitted to it with entire resignation.

The last morning I visited him I shall long remember. It was early in the fall, but a frost, uncommonly hard for the season, had given the autumnal hues to the foliage of the trees, and had fallen with such unrelenting severity upon vegetation in general, that it seemed as if the gloom of winter was about to succeed, at once, to the bright and verdant beauties of summer. The sun was shining brightly, but instead of enlivening the prospect, it rendered the more perceptible the destructive effects of the late cold, and the faded appearance of expiring vegetation, (always sufficient in itself to fill a sensitive mind with melancholy,) when associated with a similar change which I expected very soon to witness in my patient, had a tendency to give to my reflections a peculiar sadness.

As I crossed the little court yard in front of Charles' house, my attention was first arrested, for a moment, by the seared leaves of the shrubbery, and next by the lifeless

geraniums and other choice plants which Emma had cultivated with great care, but which, in her anxiety for her husband, had been neglected and destroyed.

I entered the parlor where Charles was sitting, as usual, bolstered up on the sofa.

His wife was sitting on a low seat close to him, and had one of his hands clasped in her's. I plainly saw the impress of death upon his countenance.

To my inquiry "how he found himself," he shook his head, and after a short pause said, "doctor, it will soon be over with me."

Emma exclaimed, "my dear Charles, why will you talk so—you are not worse than you have been—do you think he is, doctor?"

This she repeated with that sort of tone which showed that she expected a confirmation of what she had said.

I examined his pulse—it was excessively rapid and small, and I noticed that his breathing was very laborious.

While I was making these observations, Emma kept her eyes fixed upon me in almost breathless suspense, and again repeated her enquiry with considerable agitation.

My reply was, "I fear he is worse," and directly asked if the clergyman had called in that morning.

On being answered in the negative, I advised sending for him immediately.

Emma instantly perceived from this, what I thought of her husband, and said, with a despairing look, "do you really think him so dangerous?"

Charles now collected his strength, and said in a firm and perfectly calm voice, "Emma, compose yourself—do not distract me at this moment—I shall not live to see the sun set."

The effect of this declaration upon the wretched wife, I will not attempt to describe. Suffice it to say, she appeared nearly frantic.

In a short time, the clergyman came in, and Charles, who was now removed to bed, requested that there might be prayers, in which he joined with great fervor. They were almost interrupted at times by Emma's sobs and groans, which, together with the deep, solemn tones of Mr. —, the earnestness of his supplications, and the frequent and fervent responses of the dying man, rendered it a scene that no one, however lost to the ordinary feelings of humanity, could have contemplated without emotion.

Charles now embraced his children, and

took an affectionate leave of those around him. To his repeated requests to his wife that she would compose herself, she only returned groans and looks of unutterable anguish ; when, grasping her hand in his, he calmly sunk back upon his pillow, and quietly expired.

When she saw that he was actually gone—that he no longer answered to her wild entreaties to speak to her once more, or give her one more look, she shed not a tear. A maniacal smile distorted her features, and she was carried from the room in a state of perfect insanity.

I shall give you only one other instance of the effects of an imprudent marriage.

While I resided at —, Mr. B. came there to establish himself in business. He was an American by birth, but had passed many years in French society, had acquired French habits and manners, and his mind had become strongly tinctured with what is commonly called French philosophy. In other words, he had imbibed many of the notions on moral and religious subjects, so widely propagated in continental Europe, by the writings of Rousseau and Voltaire. He was good looking, and his address decidedly pleasing, though he had a slight lameness of

one leg, which was the consequence of a personal rencontre, and which always compelled him to use a cane.

When I first knew him, he could not have been much past thirty, though his hair had become extremely thin on the top of his head, exposing a high and finely formed forehead.

He had been married a short time to a young lady of seventeen or eighteen, who was a native of Ireland.

She was neither beautiful nor ugly ; but possessed the power of pleasing almost every one, by the modesty and gentleness of her deportment, and a remarkable degree of native simplicity, and ingenuousness of manner. She was one of those persons who are not remarkably captivating at first sight, but become agreeable on acquaintance, and rise higher and higher in your estimation the more they are known.

To the inattentive observer, she would be eclipsed by very many of her sex. Indeed, in the crowd she might pass entirely unnoticed, for her worth was wholly intrinsic, and depended alone on the excellence of her character. You would expect to find in her, perfect sincerity, undivided affection and unwavering devotedness ; and you would not be disappointed.

It had been her lot to be left by the death of her father, dependent upon her friends, a condition far from agreeable to a person of much sensibility ; and this was, probably, the cause of her accepting what appeared a very favorable opportunity of changing her situation.

Her acquaintance with Mr. B. was very short, thus precluding the possibility of her learning his real character ; but as he was pleased with her almost from the first time he saw her, he pressed his suit with considerable earnestness : she looked upon the bright side, and confident of her own capability of patiently and perseveringly studying to promote happiness, by doing much, and enduring, if necessary, still more, she soon consented to become his wife.

Probably a large proportion of females in similar circumstances, would have done the same thing ; yet it was casting adrift the little bark of her happiness upon a wild and tempestuous ocean, exposed to the fury of the winds and rude conflict of the waves, and entrusted to a pilot of whose skill or prudence she knew nothing.

She had been religiously brought up ; but had united her destiny with one who despised all religion, or affected to do so ;

and whose avowed creed was not dissimilar to that of Thomas Paine.

I believe Mr. B. seldom spoke on this subject, even in private ; and his good breeding prevented his ever expressing his sentiments in the presence of those to whom he knew they were offensive.

His wife was one of those beings who are made to love, and who must place their affections on some one object or other, and as her husband had the highest claims upon her in this way, she gave her heart to him with a devotedness that could not be doubted by any one. On the other hand, his anxious attentions to all her little wants and comforts, proved that he was not insensible of her worth, or undervalued her fondness for him.

Yet his life was to her a constant cause of pain and anxiety, for he was immoderately addicted to play, and spent much of his time in the society of those men whom he would have been reluctant to introduce to his family.

Thus far he had been generally fortunate ; but every effort which his wife could make to induce him to leave off gambling, (and I have reason to believe that she spared no pains to accomplish this object) had been unavailing.

They had but one child, which was a

lovely daughter, of whom he appeared dotingly fond ; and much as it might have been supposed that this little being would have increased his wife's influence over him, it was not sufficient to alter his course.

In the eyes of the world, there was nothing to mar the happiness of this little family, though there were causes which were gradually destroying it.

It was well known that Mr. B. had latterly sustained very heavy losses at play. In order to destroy the disagreeable recollection of which, instead of renouncing his worthless associates, and complying with the anxious solicitations of his wife, to spend his leisure hours in the bosom of his family ; he sought a temporary forgetfulness in the intoxicating draught, under the influence of which he had formed the desperate resolution of winning back what he had lost, or losing still more in the enterprise.

But fortune continued against him, in consequence of which his mind became more and more disturbed, and he drank deeper and deeper, with the determination of drowning his bitter regrets.

Notwithstanding the enormous quantities he daily drank, I never saw him actually intoxicated ; but his bloated face, his heavy, lack-lustre eyes, and his general deportment

convinced me of the excesses into which he had fallen.

He neglected his business—avoided those whose looks he felt as a reproof—lost all relish for the pleasures of his home ; and from an attentive husband and a fond parent, became transformed to a capricious tyrant, regardless of the ties of Nature.

It is difficult to conceive what would have been the final consequences of the career he was now running, had nothing interrupted it. But he was suddenly attacked in the midst of it, by a violent inflammation of the lungs.

This disease, so far as I have seen, is one of the most frequent among the intemperate ; and often the most intractable of all those to which their habits expose them. It is a disease that commonly requires a great loss of blood to check it ; and as all the blood of the system must pass through the lungs, to be renovated by the action of the air we breathe, its progress becomes obstructed by the change which inflammation produces in these organs, and the heart is roused to violent efforts to drive forward the vital current. Of course, we bleed copiously in order to relieve the heart's action, and lessen the quantity of blood passing through the lungs.

But above all men, those who are intemperate, bear a great loss of blood the worst ; consequently, their chance of recovery from a disease that absolutely requires it, is materially diminished.

Mr. B. experienced so much relief from the first bleeding, and other remedies employed, that he flattered himself with a speedy recovery. Next morning, however, I found that his disease had been checked, but not subdued ; and I again had recourse to active treatment. In the evening he was so much better, that he spoke of being out again in a day or two, but early on the following morning I was sent for, and found the complaint had returned with redoubled violence.

His breathing was very difficult, and his fever excessive, and there was some reason to think that he had been taking some stimulating drink during the night, without the knowledge of his wife.

He seemed now somewhat alarmed, and said, " I am very ill, doctor, I have passed a wretched night ; I am sure I must lose more blood."

I replied, " You are indeed, very ill." For I saw that his case was now extremely dangerous, to say the least, and while I bound up his arm to bleed him, I requested that

my friend doctor ——, might be called in consultation.

At this request he seemed fully to understand my opinion of his case, and said, with considerable agitation, "What ! am I really in a dangerous condition? Has it in fact, come to this?" He appeared thoughtful, and his agitation increased.

In a short time doctor —— came, and it was decided that nothing but the most vigorous measures could give him any chance for his life.

After giving the necessary directions, we left him for a short time, but when I returned, he was no better ; the disease seemed unconquerable.

As I have before remarked, inflammation of the lungs, in intemperate persons, often baffles the most prompt treatment, even when employed at the very onset ; while in the temperate it yields, in a large proportion of cases, to less active measures.

In the case of Mr. B. the system of hard-drinking had goaded on the vital powers to the most desperate movements ; and when inflammatory action was once set up in organs indispensably necessary to life, it could be smothered for a time, but nothing more—and it was at last, like the bursting forth of a volcano, sudden and overwhelming.

As I entered the room, he said, with a look that cannot be described, so full of bitter self-reproach and horrid apprehensions of the future, at the same time struggling to force a smile, in order to conceal his emotion and appear undisturbed, but which was a sort of convulsive movement of the muscles of the face, that gave him the most frightful expression ; indeed, it made my blood chill in my veins at the moment, and has never since been called to mind without something of the same sensation,—“ Well, doctor, I am no better. It is a gone case with me.”

He paused for a moment, and then asked me if I did not think so.

I examined his pulse. It vibrated under my finger one hundred and forty in the minute.

“ I fear,” said I, “ your condition is desperate.” Although he appeared to have made up his mind for this reply, it evidently shocked him.

He could coolly say himself that his disease was fatal ; but to hear the same thing from the mouth of his physician, was quite different in its effects, and shows how ready we are to represent our condition to our friends, far worse than we really believe it to be.

After a little time he continued, "well, we must all come to it at last, but that is the end of it."

Poor wretch ! how impossible was it for him to appear unconcerned. It was plain that a voice within him, which he could not stifle, proclaimed to him that it was not "the end of it," and that eternity should not be "the end of it."

I hesitated a little, and then remarked, that "the prospect of death was calculated to fill most of us with concern."

"Yes," said he, coolly, "that is natural. The mind shrinks from the agony of that moment, for few of us have philosophy enough to bear pain with perfect indifference. But after all it is a natural process. It is only obeying the laws which govern all organized matter."

He became more calm, as he thus beguiled his thoughts from resting upon himself by these specious arguments, and continued, "excepting the short struggle, death should give us no uneasiness."

I replied, "I believe it is the change to another state of existence, that most men dread, more than the bodily suffering."

"Oh," said he, "that we know nothing about. That we have been created by some great power, we have reason to believe, and

that we must all die, we know—but it is not very likely that we were made to occupy two worlds.”

“Nevertheless,” said I, “that has been the opinion of most men in every age and country of the world.”

“I know it,” said he, and his countenance appeared anxious.

After a pause, he said, “but they are all as likely to be wrong as right.”

I felt reluctant to say more, but as he seemed quite as much disposed to converse, though he did it with some difficulty, as to be occupied with his own thoughts, I added, “the Bible has much evidence in support of its divine origin, and that makes man immortal.”

“Ah! the Bible,” said he, “is an ingenious work, but only fit to be read by those who have been taught to believe it.”

This was said in that sort of significant manner, which plainly showed that he referred to what he would call the influence of priestcraft.

Not wishing to take his meaning, I enquired if he had not “been brought up by Christian parents?”

This question was like an electric shock, and doubtless called up all those early impressions which he had received from a

pious mother, and which, though he had managed to smother, had been too deep and lasting ever to be entirely effaced. A slight shudder ran over him, for he was forced to yield to one of the strongest laws which govern us—the influence of early education—and a groan involuntarily escaped him.

He made me no answer, but as if unwilling to show any marks of weakness, or to have me think that the groan was produced by what was passing in his mind, he immediately laid his hand on his breast, and said, “Oh! this pain!”

Perhaps it was in reality the pain, but I doubt it.

His wife was at the time standing by his side, but she uttered not a word. Tears flowed in torrents, and her frame was shaken by the violence of her grief.

She then left him for a short time, and as if less ashamed of betraying weakness before me, than before the companion of his bosom, who had doubtless in vain exhausted all the arguments which a devoted attachment could suggest, to convince him of his dangerous error. (Such is the foolish pride of the human heart.) He said with peculiar emphasis, “this is a serious business after all, doctor; and if there be such a thing as another world”——He stopped short, lest

he might betray his fears ; but it could be easily perceived how little, in fact, he relied upon his avowed opinions.

I was at a loss what to say or do, in order to be useful to him. To have exhorted him to repentance, and faith in a Redeemer, would in all probability have driven him to his old arguments against Christianity, and might have aroused his displeasure.

I knew that his pride was so deeply concerned in sustaining to the last the doctrines he had professed, that a single word was sufficient to awaken it ; and thought on the whole it might be safest to leave him to his own reflections.

At this moment his wife entered the room again, and for reasons above alluded to, to think of his being benefitted by any thing I could say in her presence, was out of the question.

I then left the room, and soon after she followed me, and entreated me to tell her if his case was hopeless. I replied, 'I fear it is.'

"Oh ! must he die in this state ?" she exclaimed. "Oh ! those impious books !" (meaning the writings of Paine, Rousseau, and Voltaire.) "Must he die impenitent ?" She seemed entirely to forget herself, her child, and the bonds that were to be severed, in her anxiety for his future condition.

‘Oh, will he not see Mr. ——,’ (the clergyman) she continued, ‘at this awful moment?’

She trembled at the thought of proposing it to him, but summoning resolution, she rushed into the sick room, and throwing herself on her knees by the side of the bed, and clasping one of his hands in both of hers, begged to know if he would see Mr. ——.

“Do you think me a fool?” he replied; probably referring to the inconsistency of such a step with his avowed principles, and then followed one of those ghastly attempts to smile, which was so unearthly that his wife could not look upon him; but dropping her head upon the bed, gave an hysterical scream, followed by loud sobbing and groans.

The effect of this was very evident upon Mr. B.; and the effort which he made to control his feelings in his debilitated state, seemed to threaten immediate dissolution.

His features were now shrunk and deadly pale; his eyes glared wildly on those around him, indicating approaching mental alienation; his breathing was short and convulsive, and his pulse could scarcely be counted.

At this time one of his boon companions for many months past, came in to see him, and was so struck with his appearance, that he actually trembled and turned pale.

Mr. B. stretched out his hand to him, and

spoke, but rather incoherently. It was plain that he wandered.

Soon after he pointed to a decanter of brandy on the table, and said, "there, help yourself."

His companion shook his head, and uttered not a word; but he continued, "yes, take a drink."

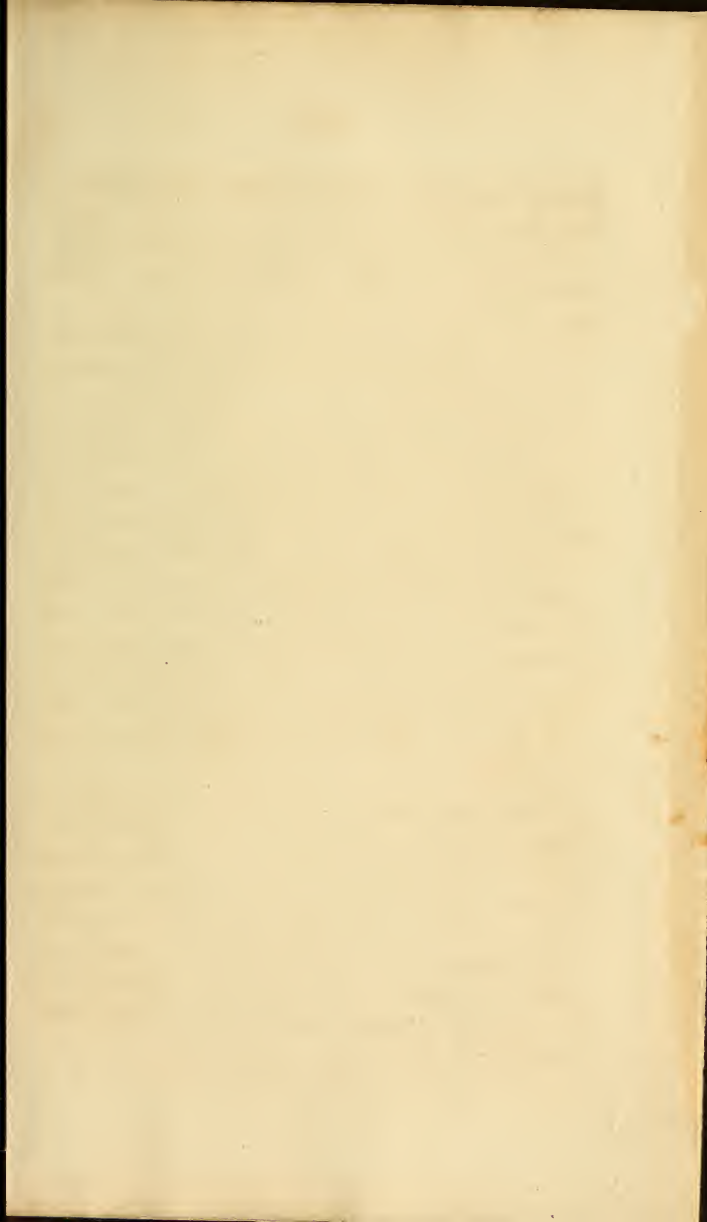
He was now very restless, and muttered occasionally, but could not be understood.

At length he said distinctly, "raise me up;" but it was scarcely done, when he gave an awful struggle, and expired immediately.

Who could witness a scene like this without emotion? or who would wish to die such a death? If religion is all a delusion, it is a very happy one; and infinitely preferable at such a moment to that cold-blooded philosophy, which teaches that there is no hereafter.

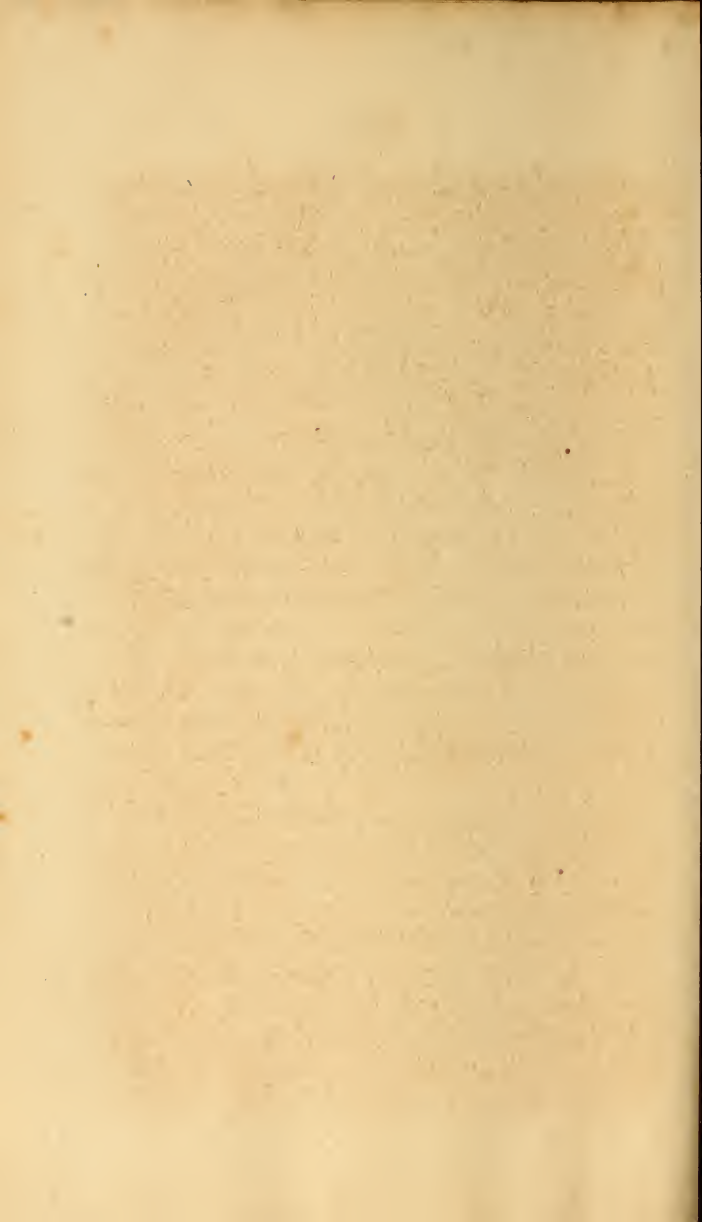
The Christian's prospect grows brighter and brighter to the last. The Infidel beholds nothing but blackness and darkness before him, which every moment grows more awful; and his soul shrinks within him, while contemplating approaching annihilation. But that of the Christian is buoyed up by the cheering hope of eternal felicity.

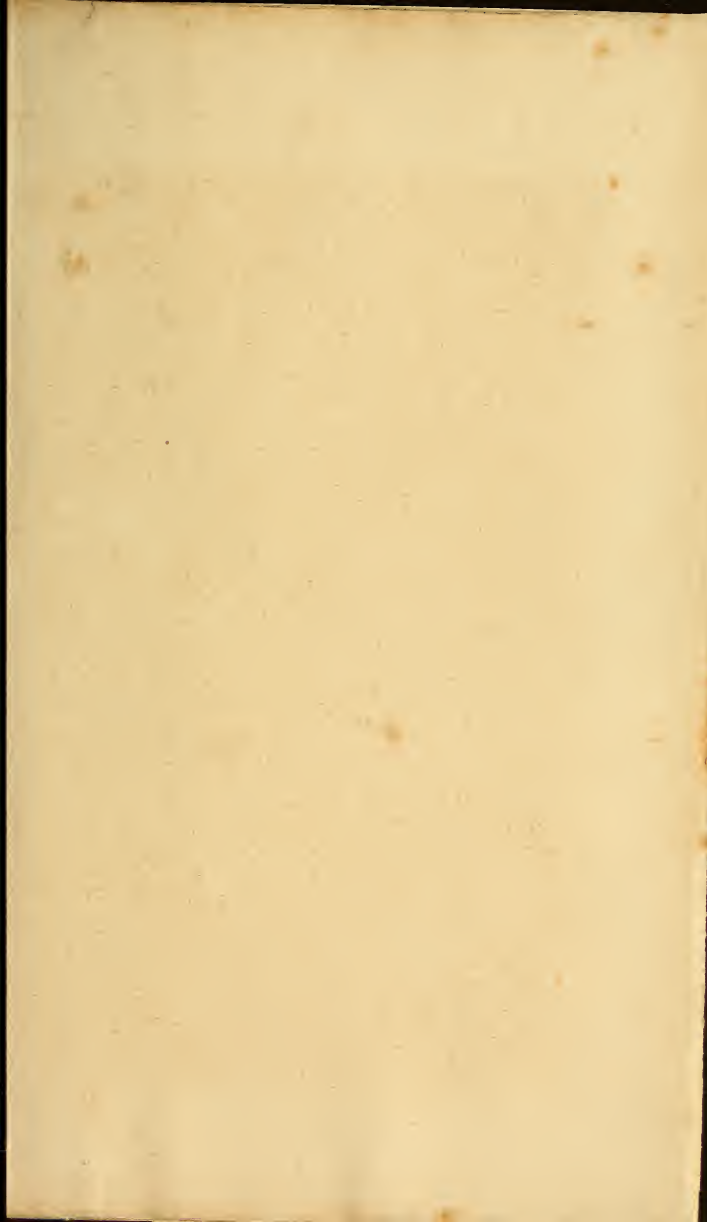
THE END.

















LIBRARY OF CONGRESS



0 029 547 478 6